## Slash Your Supermarket Bill! 5 simple secrets!









through and through.







...cooking tricks



## ...to save \$\$\$



## ...personal time



## bookmark it!

Every Day with Rachael Ray March 2011

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take a bite outta life!











Don't let the blues take over. Displaying family memorabilia in your **kitchen** triggers good feelings tied to happy memories.

Wine-bottle shape matters: If you like crisp whites, go for a bottle that's tall and narrow.

## 4 shortcuts

THE *EVERY DAY* **MENU PLANNER** 













p**66** Counting calories?

Stretch a cheese sauce recipe by adding broth into the mix; it will reduce the amount of fat per serving.

p**69** 

Prep your box grater for sticky food like chocolate and soft cheese by

spritzing the outside with cooking spray.

## coming up

Want a glimpse into the future? Here are some things you'll learn this time next month:

## Where's Rachael?

You'll never guess: Rach goes to Morocco—and rides a camel!

## **No-Guilt Bites**

Dozens of healthy (and tasty!) snacks

## WE'VE GOT LOOT

A tag sale so fun it feels like a party

## **Spring Cleaning**

"Insta-clean" tricks you'll love!





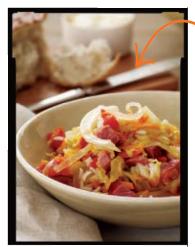
Presenting the Chevy Traverse. The 8-passenger crossover designed for families and made for you. The interior amenities lavish the driver in comfort, yet it has 30% more cargo space than a Honda Pilot. The Traverse also offers a remarkable 24 MPG highway! It was even named a *Consumers Digest* "Best Buy" three years in a row. Everyone deserves a family car that isn't a minivan. Starting at \$29,999? Find out more at chevy.com.





## Come on in!

Rachael sure is one busy gal! Here are seven ways you can join in the fun. Get all the details at **rachaelraymag.com/march**.



## She's giving back

Gerber and Rachael Ray's Yum-o! nonprofit organization joined up earlier this year to raise over \$220,000 for Yum-o!—with Gerber giving \$1 for every "like" they got on Facebook. If you took part, thanks! See how else you can make a difference at yum-o.org.



Rach is rolling out a red-hot red carpet with special Oscar recipes on the Rachael Ray show (check rachaelraymag .com/march for airdate), before spending the big night watching at home! If she were making the noms? "I have no single favorite, but I loved Natalie Portman in Black Swan and was blown away by Jennifer Lawrence in Winter's Bone. One of them would get my vote!"

#### She's chowing down for St. Patty's day

Everybody's Irish on March 17 with a bowl of Rachael's St. Patty's Corned Beef and Cabbage Stoup, ready in 30 minutes or less. Get it and other fast, easy recipes to celebrate and kick the mid-March blahs at rachaelray mag.com/march.

## She's hitting the Austin music festival

John's band, The Cringe, will be performing on March 19 at Rach's annual party for the SXSW music festival—but we're giving you a backstage pass! Get the lowdown on her fave places to eat, stay and rock, plus exclusive pics, at rachaelraymag.com/march.



past the waiting list for show tickets: We're giving away a pair to one lucky winner. Enter to get your hands on them and see Rachael live at rachaelraymag.com/march.

She's introducing new stoneware

If you're near Chicago the first week of March, you may spot Rach hanging out at the 2011 International Home + Housewares Show, probably giving attendees a peek at her new stoneware—in eggplant! It'll be available soon at rachaelraystore.com/shopmag.



One of Rach's favorite stars, Michael J.
Fox, has a Quadruple Comedy Pack (including The Secret of My Success, The Hard Way, For Love or Money and Greedy) out on DVD March 22.



She's tweeting dinner plans

"dindin: gnochetti w
homemade sausage w fennel
pollen, eggplant, saffron cream
pecorino. Luscious!" (@Rachael\_Ray
Still hungry? Follow twitter.com/

Still hungry? Follow twitter.com/ rachaelraymag for new 30-Minute Meals and other recipes every day.



# Finding the right recipe? Piece of cake.

Find what matters. Fast!

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## Triple Layer Chocolate Cake with Chocolate Frosting

Remember!!

- cup cocoa powder
- 2 cups boiling water
- cup butter, softened (2 sticks)
- 7 / cups sugar
  - 3 eggs room temperature
- 2 % cups all-purpose flour
- 7 teaspoons baking soda
- h teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 leaspoons vanilla extract

Preheat oven to 350°F. Grease and flour three 9-inch cake pans.

In a medium bowl, stir the boiling water into the cocoa until smooth, and set aside.

In a separate bowl, combine the flour, baking soca, baking powder and salt, and set aside.

At medium speed of an electric mixer, cream the butter and support

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Sunday Chill



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OLAY. CHALLENGE WHAT'S POSSIBLE.™



## I've said it before: Adventure is a state of mind.

All you need is an adventurous spirit to make each day of your life seem a little fresher and more fun. For starters, cooking is an everyday adventure and can take you anywhere in the world you want to go. But it's not the only way you can liven up your routine. One of my favorite pastimes is getting lost: Drive in any direction and find out where one tank of gas will get you. Or, on a rainy day, make a scavenger hunt for your kids to see how many laughs can be had for no money at all. As for me, whether I'm jumping out of a plane, traveling near or far, or taking Izzy to the dog park, adventure has always been—and I hope will always remain—a part of my life.

We wanted to find **the hands-down best hot dog in America** (page 127), so we sent three writers on one massive, cross-country adventure. I may be from New York, but when it comes to franks, I go Chicago all the way!

This month's Supermarket 101 (page 59) tackles savings trends. Check it out, and don't forget my tried-and-true advice: **Buy in bulk, shop high and low on the shelves, and compare unit price** rather than ticketed price.

I'm thrilled to spotlight one of my favorite chefs on the planet: **Iron Chef Michael Symon**, a badass on the back of a bike and in the kitchen, who has the most infectious giggle I've ever heard. He and his wife host a cooking-class dinner party for their friends ("A Class of Their Own," page 122)—such a brilliant idea! Chop on, Mike!

Last but not least, a happy-birthday shout-out to my sister, Maria, who was born on the Ides of March.





**NOT ADVENTUROUS? FAKE IT!** I'm an adrenaline junkie, but I know plenty who aren't. One friend, Bert Kreischer, gets hit with a serious case of the jitters before he tapes stunts for his comedy-travel show. Here's what he calls his "anxious guy's guide to keeping calm(-ish)."

Do the stunt with an even bigger coward than you • Avoid caffeine • Express your panic to others • Hug people (and by that I mean women) often • Have a celebration libation waiting for you • Remember how good it will all sound at your funeral

Catch the second season of Bert the Conqueror on The Travel Channel starting in April.

## Food Adventures for Everyone!

It takes more than "weird" ingredients to scare me! These ideas might sound intimidating, but they're actually huge boosts to your cooking routine.



Anchovies Think you don't like them? You're wrong, I promise. Try melting a little anchovy paste in olive oil over low heat. It won't taste fishy, just salty and nutty. Drizzle it over toasted breadcrumbs or add to any fish dish or pasta dish with fish—I actually add anchovy paste to my lentil soup, and no one knows it's there.



Fresno chiles These guys are mild, with a fruity heat. Cooked seeds and all, they give a bright flavor that goes with almost any cuisine, from Italian to Latin-American.



Messy leftovers Turn yourself into an Iron Chef: Open the fridge and make dinner using any ingredients you find in there. This is especially great for things that are about to go bad—that way, if your creation doesn't work, who cares? You were gonna throw that stuff out anyway.

# Dear Subaru,



"Since my husband and I got our Outback in 2000, we've been traveling all over North America. This was taken in Monument Valley, UT, during a three-month cross-country trip. Ten goats just appeared out of nowhere and seemed very interested in our car." - Mei & Yukio M., Forest Hills, NY. Love. It's what makes a Subaru, a Subaru.



question of the month

What store-bought item always seems to taste better than the homemade version?



#### rachaelraymag.com

I just can't make my cinnamon rolls taste as good as the store-bought kind.

I buy premade piecrusts from the refrigerated section of the supermarket. Not only do they taste the same or better, but they save me time, and no one can tell I didn't make them myself...unless they read this. -SANDYPARSONS

we talk back Most of our pie recipes call for the store-bought stuff. Our test kitchen likes Pillsbury Refrigerated Pie Crusts.

There's nothing like store-bought chicken wings served with a side of creamy blue cheese.

I make a delicious white bread from scratch, but toasted Pepperidge Farm cinnamon bread with a spread of butter is lovely.

-BOBBIEC

I've made Caesar dressing at home several times, but it's never as good as the bottled stuff.

-CHUCKRAE

I'm not great at making fresh pasta, though I have tried! My husband's Italian friends said these were the best brands in American supermarkets: Barilla dried pasta and Giovanni Rana refrigerated fresh pasta, which I found at my local ShopRite.

we talk back You'll need some (delicious) sauce to go with that pasta! Log on to rachaelraymag.com/march and watch how-to videos for making meat, marinara and cream sauces.



Stouffer's macaroni and cheese -VALERIE GRAY SMITH

Red clam sauce —JENNIFER HOWIE

### Chocolate milk

-NIKKI TURLEY

#### Chicken salad

-DENISE RAYMOND

we talk back Add walnuts or pistachios, and raisins or chopped apples, for extra flavor and crunch. And if you'd like to spice up your favorite brand, try curry powder.

17% OF READERS HAVE SERVED A STORE-BOUGHT SNACK AND CALLED IT HOMEMADE. BUT DON'T WORRY—WE'RE NOT TELLING!

twitter.com/

No judgies, but cake mix. My from-scratch cakes never

we talk back They can now!

Try our foolproof Chocolate Layer

Cake\* (one of our all-time staff

favorites), and forever be known

OK, maybe fried chicken.

Mustard potato salad—I prefer when @wegmans makes it!

we talk back If you don't live near

a branch of Wegmans (an East Coast

supermarket chain)—or even if you

do-whip up our over-the-topdelicious Loaded Baked Potato Salad\*.

come out as moist.

as the Queen of Cake.

@kmagandy

@NYgirllovesCA

rachaelraymag



## You Love Us...

I had to laugh as I was looking over the covers of the past five years of Every Day with Rachael Ray and noticed that the only thing that could replace Rachael was a turkey [November 2010].

-CARA HITE, Syracuse, IN

#### **CONGRATS**

I adore your magazine it's absolutely fabulous! Congratulations on your fifth anniversary [December/January 2011], and here's to many more.

-LSAMEMO (via rachaelraymag.com)

#### CAKES!

Thank you so much for the cake recipes in the December/January 2011 issue. My family and friends baked all five cakes for my 27th birthday party. Our quests loved every delicious bite!

-NOELLE FORMOSA, San Francisco



Noelle's five-layer masterpiece!

#### You Love Us Not...

#### **GROCERIES**

I love your magazine, but "What's In—and Out—at Supermarkets in 2011" [Supermarket 101, December/January 2011] felt ageist to me. I disagree that the desire for authentic ethnic cuisines is more prominent in Gen X-ers and Y-ers. We baby boomers didn't grow up eating chicken nuggets or prepared foods, and many of our parents were immigrants, so we were perhaps *more* aware of ethnic cuisines.

—STUFFINMUFFIN (via rachaelraymag.com)

#### **EXOTICA**

I was horrified to read about eating a live octopus in Andrew Zimmern's adventurous-foods article. "Wild Edibles" [Yum. November 20101. These animals have pain sensors, and eating an animal while it's alive is just plain cruel and unnecessary.

-JJAYCEE (via rachaelraymag.com)

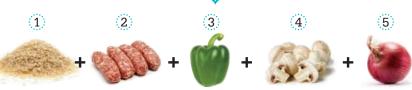
we talk back Quite a few of you were skeeved by this Korean delicacy. But don't worry: While the octopus' tentacles may be wriggling, technically it isn't still alive.

## 5-ingredient meal

## The Winning Recipe:

## **Unstuffed Peppers**

why we chose it This two-step version of stuffed peppers delivers that familiar flavor but cuts the cooking time in half. We love how reader Corinne Strebig uses flavorful sausage instead of ground meat and includes earthy wild rice instead of plain white.



1 cup longgrain wild rice

1 pound mild italian sausage, casings discarded

2 green bell peppers, chopped

One 10-ounce package white mushrooms.

sliced

1 red onion. chopped

In a large saucepan, bring 2 cups water, the rice and ½ teaspoon salt to a boil. Cover the pan, lower the heat and simmer until tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes; fluff with a fork. Meanwhile, heat a large skillet over medium heat. Add 1 tablespoon extra-virgin olive oil and the sausage and cook, breaking up the meat, until browned, about 5 minutes. Using a slotted spoon, transfer the sausage to the rice. Return the skillet to the heat and add 1 more tablespoon olive oil, the bell peppers, mushrooms and onion. Season with salt and pepper and cook until the vegetables are crisp-tender, about 5 minutes. Add the veggies to the sausage and rice and toss. Serves 4.

DO YOU MAKE A GREAT DISH WITH FIVE INGREDIENTS?
Visit rachaelraymag.com/talk. Extra-virgin olive oil, salt and pepper are freebies.



# 5-minute mile? Not so much.





5-minute dinner? Done.

GrilledAndReady.com



## Success of the Month

#### **PRESTO PESTO**

I made pork chops and wanted to top them with pesto. I didn't have basil, so I used parsley and added parmesan cheese, salt, pepper and olive oil. I realized I was out of pine nuts, too, so I used some wasabiand-soy sauce almonds that I had in the pantry. The pesto turned out amazing—a little spicy and crunchy.

-APAOLAS (via rachaelraymag.com)

we talk back We're going to try this combo just as soon as we can locate those fancy almonds of yours.



#### **FRUIT CONFUSION**

My cousin was given a case of produce that he took home, telling his mother it was "sicilian tomatoes." She cooked them up, but the pasta sauce was so sweet, it was inedible. It turns out the mystery ingredient was persimmon! It's too bad they were cooked with olive oil and garlic—they could have made a delicious jam!

—RR2239 (via rachaelraymag.com)



## join our COOKBOOK CLUB!



From February 17 to 20, we'll be making Whole Roasted Chicken from Michael Schwartz's new cookbook, Michael's Genuine Food (\$35, amazon.com). Log on to rachaelraymag.com for the recipe, and upload your comments and photos alongside those from other readers and Every Day with Rachael Ray editors. You'll also find recipes from past club selections, like Eric Ripert's Deviled Eggs with Smoked Salmon.

Here's what was said about those rich, crème fraîche-filled appetizers from last month's book, Avec Eric.

These were tasty and easy to make, though the yolk was a bit soft for my taste, so next time I'd cook the egg a bit longer. The recipe was a nice change from basic deviled eggs, and even my picky 3-year-old gobbled them up!—SARAPHIN21 (via rachaelraymag.com)

Deviled eggs make me nervous because mine always seem to end up looking raggedy. I followed Ripert's instructions, and these came out perfectly smooth! The most important tip: After draining the eggs, run cold water over them until they're completely cool. I'd always peeled my eggs too soon. —EVERYDAY\_NICOLE, assistant editor



## ATE IT? RATE IT!

Dish about the recipes you're making—like this one from our November 2010 issue—on rachael raymag.com.



I'm always looking for quick weeknight recipes. Your **Bean Taquitos with Cucumber Salsa** fit the bill! The lemony sour cream and the cucumber salsa cool down the heat. Since it's just me and my husband, there's enough left over for lunch the next day.

—TORIANDCANDIO7 (via rachaelraymag.com)

## WE KNOW YOU'RE BIG SPORTS FANS

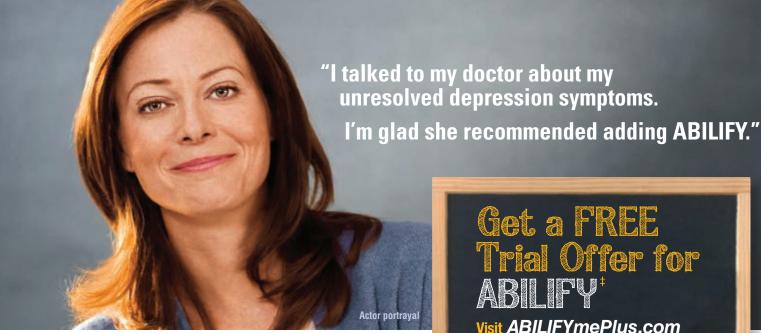
63 percent

love watching games from the comfort of home, and 44% of you kicked it up a notch by placing wagers on a game.

Most of you kept your bets low, but

23 percent

are high rollers, gambling \$100 or more.



## Right now is the time to talk to your doctor.

If you've been taking an antidepressant for at least 6 weeks but still have depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

> Antidepressants\* including: Lexapro® Zoloft® Prozac® Effexor XR® Paxil CR®



Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.

#### **Important Risk Information about ABILIFY**

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients
- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called neuroleptic malignant syndrome
- \* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCI) are trademarks of their
- † Based on 6-week clinical studies comparing ABILIFY + antidepressant



- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of tardive dyskinesia (TD). TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- Other risks may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

Take the next step talk to your doctor about the option of adding ABILIFY.

Visit ABILIFYmePlus.com.









Otsuka Otsuka America Pharmaceutical Inc

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#### IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

ABILIFY® (a-BIL-ĭ-fī) (aripiprazole) (air-rĭ-PIP-ra-zall)

#### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

#### What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

#### What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or **Actions** 

#### Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

#### What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

#### Leukopenia, Neutropenia, and Agranulocytosis:

Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

**Dysphagia:** Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

#### What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

#### Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-

#### What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- · Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- · Avoid breast-feeding an infant

#### What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

#### What percentage of people stopped taking **ABILIFY** due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

#### Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

#### How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- · ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

#### **General advice about ABILIFY:**

- ABILIFY should be kept out of the reach of children and pets
- · Store ABILIFY Tablets and the Oral Solution at room
- · For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMELT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

#### Find out more about ABILIFY:

Additional information can be found at www.abilify.com

\* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis

Based on Full Prescribing Information as of 11/09 1239550A7.





Bristol-Myers Squibb PO†SUKG Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA Distributed and marketed by Otsuka America Pharmaceutical, Inc. Rockville, MD 20850 USA.

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570US08CBS01603 0309L-2757 D6-B0001D-11-09-MDD November 2009

# yum

## your first taste of march



Who needs coffee when you can build a caffeine boost right into breakfast? To kick-start the morning, top our custardy french toast with a **creamy syrup spiked with espresso**.

It'll have the whole family leaping out of bed for a taste.

RECIPE BY STACY ADIMANDO | PHOTOGRAPH BY LUCAS ZAREBINSKI



#### **Double shot!**

We spiked the syrup *and* the toast with instant espresso!

## French Toast with Espresso Cream

SERVES 4 PREP 15 MIN COOK 10 MIN

- 2 tablespoons instant espresso powder
- 1 cup sweetened condensed milk
- 4 eggs
- 1/4 cup heavy cream
- 1/4 teaspoon salt

Eight ½-inch-thick slices challah bread

- 4 tablespoons unsalted butter
- 1. In a small bowl, whisk the espresso powder with  $\frac{1}{2}$  cup hot water. Reserve 2 tablespoons of the espresso liquid. Whisk the condensed milk into the remaining espresso liquid.
- In a baking dish, whisk together the eggs, cream, salt and reserved espresso liquid. Add the bread slices to the dish and turn to coat.
   In a large nonstick skillet or griddle, melt 2 tablespoons butter over medium heat. Add 4 slices
- griddle, melt 2 tablespoons butte over medium heat. Add 4 slices bread and cook, turning once, until golden-brown, about 5 minutes. Repeat with the remaining 2 tablespoons butter and 4 slices bread. Serve warm, drizzled with the espresso cream.

tip If you can't find challah bread, a baguette will work. Just cut large slices on a bias.

# trend we love supersize food halls

nibble on this
In professional kitchens,
chef hats aren't
just for fashion.
The height signifies
kitchen rank: The top chef
gets the tallest hat!

New York City restaurants aren't just for eating anymore!

Old-school, European-style food halls are of the moment, and they're merging dining, shopping and cooking experiences.



#### italian mega-center

Mario Batali doesn't do anything small, but with NYC's Eataly, he may have even out-Batali'd himself—it takes up more than 42.000 square feet (that's almost an entire block). Grab a hand cart: The shelves are stuffed with imported Italian specialties like fizzy prosecco and sodas; the best tomatoes, espresso and pastas; and butcher counters bursting with fresh. locally sourced cuts. Can't wait to sample? Pull up a seat: Eataly has four formal restaurants and more casual counters for snacking on cheeses, charcuterie, pizza, rotisserie meats and, of course, gelato. (200 Fifth Ave., eataly .com, 212-229-2560)

#### tech-decked eatery

Thanks to the hightech ordering system at FoodParc-you place your order at an electric kiosk, then get a text when it's ready for pickup—everyone in your group can choose from dishes at a burger bar, brick-oven restaurant, coffee shop or dim sum bar, and dine together at one table. (Restaurateur Jeffrey Chodorow modeled the communal tables after the ones at European food halls.) After dining, patrons can chill out with a homemade milkshake, float or cocktail from the full bar. Spring visitors will be able to amble through the outdoor food-cart brigade, now in the works. (845 Sixth Ave., foodparc.com, 212-564-4567)

## fine-dining wonderland

If you're visiting New York City, chances are you'll be making a pilgrimage to the Fifth Avenue shopping strip. Make the stores secondary to Todd English's Plaza Food Hall. Sample the chow cafeteria-style: Asian dumplings, made-toorder carved meat sandwiches, wood-fire pizza, homemade chocolates and more can be ordered at eight separate food counters. Then hit the market for cocoas, coffees and olive oils (some are pressed on-site from fresh olives!), or the demo kitchen to take a class or soak up tips from English's talented kitchen staff. (1 W. 59th St., theplazafoodhall.com)

## pastry paradise

Forget what you know about pastry shops. In Brooklyn's über-stylish Choice Kitchens & Bakery, quick-service stations inspired by European road stops serve it all: housemade charcuterie. Mediterranean dishes, a full vegan menu, wine and cheese tastings and handmade treats. The architecture is as drool-worthy as the food. Blissfully consume vour meal surrounded by the hand-blown light fixtures, chic concrete rooms and stone-clad counters that scored this place a nomination for a James Beard design award. (108 Jay St., Brooklyn, choicekitchens.com)

-KAREN CATCHPOLE

#### more halls across the country

1. California Market Hall: This open-air market features an outdoor fire pit, bocce ball court and seasonal pumpkin patch. (400 San Pablo Ave., Hercules) 2. Illinois Todd English's upcoming food hall will be a Chicago rendition of his booming NYC original—but twice the size. (address TBD) 3. Virginia Society Fair: Open till midnight, this soon-to-debut hall will house a bakery, butchery and wine bar. (277 S. Washington St., Alexandria)

# your office can look like this!

When the magazine staff moved to a new building, we vowed not to bring our old desk woes with us.

We turned to Rach's design buddy, Evette Rios,

for easy ways to help perk up our work spaces.

"How can I have a more stylish space in general?"

everte says A few bright accessories from home can do wonders. Pick ones that are easy to bring in, like a small rug or a swatch of wallpaper to hang over one wall (just tack it up with pins or stick-on Velcro).



You may have heard that a growing number of ranchers are letting their livestock graze out in the fields, rather than feed on fattening grain, corn or soy. How nice for those roaming cows, but why should any of us care—and plop down more money to keep up their lifestyle? According to Jo Robinson, founder of eatwild.com, a site that links shoppers to grass-based meat sources, the grass-fed variety is worth every penny **because it's better for...** 

#### ...you

Pasture-raised beef has more than twice the amount of omega-3 fatty acids and higher levels of vitamin E than meat from grain-fed animals, as well as less fat and fewer calories naturally. It also has a stronger, beefier flavor.

#### ...the animal

Since grass is a cow's native diet, the animals who get to graze on it full-time live low-stress, healthy lives—so there's no reason to treat them with antibiotics or other drugs, as with some conventionally raised meats.

#### ...the farmers

Cows can yield around 100 pounds of hamburger meat each. Although the grass-fed variety is top-quality, "it's hard [for farmers] to sell all that hamburger meat without an outlet like McDonald's," Robinson says. By buying it, you're helping sustain and support small farms.

#### Spaghetti with Lemony Grass-Fed Meat Sauce

SERVES 6 PREP 15 MIN COOK 55 MIN

2½ tablespoons butter

2 leeks, green parts discarded and white parts thinly sliced crosswise (about 1 cup)

Salt and pepper

1½ pounds ground grass-fed beef

½ cup robust red wine, such as cabernet

11/2 cups chicken broth

Peel of 1 large lemon, cut into 2-inch strips with a vegetable peeler, then finely sliced into long shreds (about ¼ cup)

- 1 cup heavy cream
- ½ cup chopped fresh mint
- 1 pound spaghetti, cooked
- 1. In a large saucepan or dutch oven, melt the butter over mediumhigh heat. Add the leeks, season with salt and cook until soft, about 5 minutes. Add the beef and season with salt and pepper. Cook, breaking up the meat with a wooden spoon, until no pink remains, about 8 minutes.

.....

- 2. Add the wine and cook until mostly reduced, about 5 minutes. Stir in the chicken broth and lemon peel and bring to a simmer. Cover and cook over low heat until the meat is tender, 20 to 25 minutes.
- 3. Stir in the cream and return to a simmer over medium heat. Cook until the sauce is thickened, 10 to 12 minutes. Stir in ¼ cup mint.
- **4.** Divide the spaghetti, sauce and the remaining mint among 6 bowls. —STACY ADIMANDO

#### nibble on this

Serving fish with a lemon wedge is a trend that started in the Middle Ages, when folks hoped a few squirts of the high-acid juice would help digest any bones mistakenly swallowed.

(It tasted good, too!)



## A DESIGN IDEA WE'RE OBSESSED WITH

Turn your table into a work of art by using your favorite photo frames in a new way! Fine-art framer Eli Wilner's crafty plan: Collect four frames or shadow boxes in similar sizes and square them up (facing outward) on the table. If needed, place double-stick tape along the edges to make the structure more stable. Add flowers or plants in the center for parties.

Admittedly, some

grass-fed steaks can

be drier and chewier

than their grain-fed

helps to tenderize

cooking, Robinson

it, too.

the meat, and so

counterparts. Grinding

does steady, low-heat

says. The cream in this

recipe helps moisten

X

turn up the style!

Fill the frames with funky photos to match.

# THE SECOND HELPING. IT'S HOW YOUR FAMILY SAYS "THANKS, MOM."



1 pkg. (19.76 oz.) Johnsonville\* Italian Mild Sausage Links, grilled and coin-sliced

1 pkg. rigatoni pasta

3 tosp. olive oil

2 cloves garlic, minced

I large red pepper, chunked and sauteed

1 jar (26 m.) of your favorite pasta sauce

2 tosp. parsley, chopped

Cook sausage according to package directions, keep warm. Cook the rigationi according to directions, keep warm. In a large pan, place olive oil and garlic, sauté lightly for 30 seconds. Add peppers and cook until crisp-tender. Combine cooked sausage and pasta sauce with peppers and heat until warm. Mix with the pasta or serve separately. Top with fresh parsley. Serve warm.

More great recipes and savings at johnsonville.com



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My Inspiration:

# New Café Latte

Quin [ uni)



We shared our new flavors with 20 coffee drinkers, then asked them, how does it make you feel? With a paintbrush and canvas, they showed us.

Come see their inspirations or share your own with Coffee-mate® on







## look for alcohol level

A peek at this percentage will tip you off to how heavy the wine will feel in your mouth. Ten percent should feel similar to water; 12 to 13 percent can feel like skim milk; and 15 percent or higher will have the body of whole milk.

DU VAL DE LOIRE

PAYS

### ignore fancy artwork

Stickers that feature beautiful vineyards or estates are trying to get a point across this bottle means business-but the wines might not live up to the imagery. Find out more before committing.

#### ignore cute critters

Animal labels are trying to appeal to casual wine drinkers. But just because the label is approachable doesn't mean that the wine's taste will be. Don't be swayed.

#### look for "ancient"

Spotting this or "old vines" on a label may mean that the grapevines are decades old, says Mark Oldman, wine guru and author of Oldman's Brave New World of Wine. These tend to produce fewer grapes and concentrated juice, so the bottles may have stronger flavors.

#### does bottle shape matter?

You betcha! Traditionally, certain bottle shapes hold specific wine styles. especially when it comes to European wines, Oldman says. Although some New World winemakers are bucking this trend. if you're buying from established brands, here's what you can tell:

#### 1. TALL, NARROW contain mostly crisp wines, such as German or Alsatian whites.

2. SLOPE-SHOULDERED are typical to subtler wines like pinot noir, chardonnay or syrah.

3. HIGH-SHOULDERED most likely hold heavier reds and lighter whites, like sauvignon blanc.

#### ianore phantom grape types

If you don't see any recognizable words like "merlot" or "chardonnay," that doesn't mean the wine isn't one. Wines from Europe—the so-called Old World—are often labeled by origin rather than grape style. Ask the clerk for help.

HERON PINOT NOIR 2008 SONOMA COUNTY SYONA COUNTY'S COOL MICROCLIMATES AND MARTINE INFLUENCES CREATE ELEGANT SUX NO PERFECTLY BALANCED PINOT NOW (S) FIFE BLACK CHERRY, PLUM, VANILLA AND SPICE PLAYORS, CHEERS, WWW.HERONWINES.COM CELARED AND BOTTLED BY HERON WINES

AMERICAN CANYON, CALIFORNIA

### flavor clues

The back label is often full of hints to the wine's taste, so make sure you turn the bottle over, Oldman says. Descriptors like "vanilla," "butterscotch," "caramel," "smoke" and "nutmeg" indicate that it has a woodier taste. Words like "zesty," "racy" and "tangy" suggest a fresher, brighter style.

-GRETCHEN ROBERTS

## look for

You've heard of steaming vegetables, right? Well, Rach's buddy Gretta Monahan says the same method that's good for retaining nutrients in your broccoli works wonders for your skin, too: "Steaming is a quick way to wake up a winter complexion and help deep-cleanse pores."

#### here's how to do it

Soak two clean hand towels in hot (not scalding) water. Drape one over each side of your face in a "c" shape and hold for 5 to 10 minutes. Pat dry, then follow with your usual cleansing routine.

## 3 more ways exfoliate

Our skin naturally sheds cells, and they can pile up on the surface of your face, causing blemishes and a dull look. To sweep away that buildup: A few times a week, rub damp skin in a circular motion with a gentle fine-grain exfoliator. When you want deep exfoliation, do it longer, not harder.



#### go oil-free

Daily moisturizing helps give you smooth, balanced skin, but excess oil can block pores and encourage blackheads. Stick to formulas like gels, serums, or lighter lotions with moisturizing ingredients like hyaluronic acid or aloe, instead of oil.



#### use a face primer

These clear, matte, lightweight formulas form a film that settles over pores and wrinkles, giving skin a smooth appearance. They also help buffer skin from cosmetics and dirt. Use one after applying your moisturizer but before putting on your makeup.

-STEPHANIE TWEITO JACOB

## Check the great moments in produce sticker. The five-digit code will start with a 9. cookie history

A glimpse into the unlikely beginnings of an **American dessert icon** 

1896



The cookie's blander cousins, Scottish oatcakes, are officially outdone when Fannie Merritt Farmer (maybe America's firstever foodie!) introduces the recipe for a sweeter, buttery oatmeal cookie in the Boston Cooking-School Cook Book.

1908

Quaker Dats starts printing a recipe for the emerging American version on its oats packaging.

1930

nibble on this An easy way to spot organically grown fruits and veggies in the supermarket:

> Creating a permanent place for sweets in the home, Ohio's Brush Pottery Company sells the first lidded ceramic jars that read "Cookies."

1960



Drooling moviegoers gawk as the miniature teens in Honey, I Shrunk the Kids stumble upon a larger-than-life oatmeal cookie sandwich in their yard.



1989

1992

Hillary Clinton wins Family Circle's first bakeoff for presidential candidates spouses with her chocolate chip-oatmeal cookies.

cookies. The Little Debbie Datmeal Creme Pie is born 1993

sandwiches frosting with soft oatmeal

Sweets revolutionary O.D. McKee

Girl Scouts of America introduce iced oatmealraisin cookies. Neighbors everywhere rejoice.

2007

2010





2003

Mixologists toast to dessertliterally! The Joy of Mixology introduces the Datmeal Cookie Cocktail: 1/2 ounce cinnamon schnapps mixed with 1 ounce each Baileys Irish Cream, butterscotch schnapps and Jägermeister, and garnished with raisins.

2009



We publish our most divine Datmeal Raisin Cookie recipe to date! Get it at rachaelraymag.com/march. LIZ PEARSON







## Life is full of celebrations.



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nudo

SWEET CHILLI JAM

#### **Chocolate Basketballs**

No matter who you're rooting for in the NCAA basketball tourney, these can't-eat-just-one milk chocolate candies will be a crowd favorite on game day! \$7 for 2 pounds blaircandy.com

#### Sweet Chilli Jam

Hmm...can't decide between a sweet or a spicy snack? Satisfy both of your cravings with a smear of Nudo's organic jam, made with a yummy blend of spicy peppers, ripe apples and tart lemons. It's a great topper for salty cheeses, too. \$11 nudo-italia.com



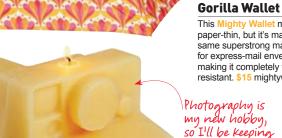
Toss a pup-shaped scented sachet inside a drawer to repel moths and keep clothes and linens smelling fresh. \$19 ioniulmanlewis.com



17 FL GJ (065m)

#### Windproof Umbrella

A Jonathan Adler umbrella can withstand even the strongest gusts and adds a pop of color to gray, rainy days. \$25 barnesandnoble.com



**Camera Candle** 

The beeswax instant camera

candle gives off a natural

unnaturally long burn time-

40 hours! \$38 shoptwine.com

honey scent but has an

## Sparkling Fruit Soda

You won't find sugary syrups or highfructose anything in they're made only from fresh-squeezed juices! Choose from four delish flavors: grapefruit, blackberry, lemonade and orangemango. \$3 each spindriftsoda.com



You don't need a special occasion to show someone how much you love them!

## Make-Your-Own Book

Melt Mom's or Dad's heart with a Just pick a photo for the cover, then fill each page with your favorite family memories. Voilà: instant keepsake! \$6 sobocards.com/ rachael

This Mighty Wallet may look paper-thin, but it's made with the same superstrong materials used for express-mail envelopesmaking it completely water- and ripresistant. \$15 mightywallets.com

The state of the s

Photography is my new hobby, so I'll be keeping this guy on my coffee table for inspiration!

## Strawberry Lip Set

These lip balms not only taste like chocolatecovered strawberries, but they're also jampacked with nourishing vitamin E. \$12 for 3 fredflare.com





No purchase necessary to enter or win sweepstakes. Purchase will not improve your chances of winning. Sweepstakes are open to legal residents age 18 or older of the U.S., its territories and possessions. Closing date for Every Day Faves March sweepstakes is 11.59 p.m. (CST) on March 15, 2010. To enter and for official rules, visit rachaelraymag.com/march. VOID WHERE PROHIBITED. Sweepstakes sponsored by The Reader's Digest Association, Inc., the publisher of Every Day with Rachael Ray.

# EVERYDAY COLOR COL

AGE DEFYING

MOISTURE SPECIOD+

AL BERRY

CLINICALLY TESTED SIDE-DUT SOLUTIONS

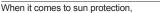
## Tangerine Lipstick

Hovering between pink and orange, Benefit's Full-Finish lipstick in Saucy goes on with a creamy coral sheen. The warm neutral is a great everyday color that's flattering for fair to medium skin tones. \$18 benefit cosmetics.com

#### SPF 100+ Face Moisturizer

enefi

Borba's Age Defying Super Crème Day Moisturizer with SPF 100+ is the cream of the crop. Packed with açai berry and vitamins A and E. the formula is light, nongreasy and smells great, too!



\$20 walgreens.com



#### **Brow Tool Kit**

Plucking is only half the battle! The Chella brow kit contains the must-have tools to create an ideal arch: trimming scissors, easy-to-grip tweezers, razor/brush combo and a shaping guide. \$40 chella.com

#### **Vitamin Tonics**

The secret to improving your concentration, growing stronger nails or sleeping better at night may be found in a bottle. Just spritz a little Sprayology tonic, a homeopathic vitamin spray, under your tongue to tackle life's little problems. \$22 and up sprayology.com



#### **Oil-Free Liquid Foundation**

Hair + Nall

Tonic

HAIR AND NAILS

41 ml / 1.38 ft. eg

Save the cake for dessert! Too Faced Amazing Face foundation evens your skin tone and hides imperfections, but looks like your natural skinnot makeup--when you wear it. \$36 toofaced.com



#### **Three-Tone Blush Palette**

Don't worry about going overboard on pink! The Stila Make Me Blush compact is embedded with highlighting coral and gold shades, so you pick up a perfect sweep of cheek color every time. \$14 stilacosmetics.com



It's like a spa treatment for your head!

#### **Antioxidant** Shampoo and Conditioner

You'll feel the difference after just one wash! Hair stylist Janet Waddell's shampoo and conditioner, made with emu oil and aloe vera, leaves hair silkv and smooth, \$24 each ianetwaddell com



**Shower Cap** 

Want to hang on to that blowout for another day? First step: Toss the flimsy plastic shower cap (moisture and steam can accumulate underneath) and try a Spa Sister Bouffant shower cap instead—it keeps tresses tucked away and dry. \$8 beautyencounter.com



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# Winning style made easy (every day)

**MEET MARY JO MATTOS** from Hackettstown, New Jersey. She's one of the lucky winners of the Aussie Easy Solutions for Everyday Women contest. We brought Mary Jo to New York City to solve her hair challenge with an Aussie hair makeover and some tips from Aussie celebrity stylist Sarah Potempa.







## The Challenge

"I have super fine hair. I just had a perm to get more body. How can I help protect it and style it for more volume?"
—Mary Jo Mattos

# Sarah's easy recipe for gorgeous hair

#### **INGREDIENTS:**

1" curling iron, Aussie Products

#### **DIRECTIONS:**

- 1. To help style hair and condition at the same time, use multi-benefit products like
  - Aussie Catch the Wave Mousse
  - **+ Leave-In Conditioner**. This helps protect during styling while still building volume.
- Spritz hair with some Aussie
   Opposites Attract Spray Gel.
   This will hold your style while leaving hair soft.
- 3. Set hair with a 1" curling iron. With the clamp closed, wrap 2" sections of hair in a spiral motion down the iron and away from the face.





## More easy, everyday tips for real women

Here are some ideas to keep the rest of you looking as young and healthy as your new hairstyle.

## MOISTURIZE, MOISTURIZE, MOISTURIZE

Moisturizers help keep your skin hydrated, soft and supple, working as a protective sealant against daily wear and tear.
Remember to moisturize not only your face but also your hands, body and hair.

#### PROTECT YOURSELF

Always use sunscreen, even when the temperature drops. The sun thickens outer layers of skin, making them less pliable. It can also cause age spots, so be sure to protect yourself.

#### **GET YOUR SHUT-EYE**

During sleep our bodies are repairing themselves from all the damage we bestow upon them. So ward off bags under your eyes and keep yourself physically, mentally and emotionally in shape with a good night's sleep.





#### **Market Tote**

Roomy enough to carry groceries or books, the **Kashmir tote** is made entirely of organic cotton and nontoxic, soy-based ink. \$130 hammocksand hightea.com

#### **Turquoise Bracelet**

Dressed up or dressed down, a hand-wrapped Stella & Dot Tulum turquoise bead-and-leather-cord bracelet is a go-to accessory. Bonus: The button closure fits wrists of all sizes. \$54 stelladot.com

#### Men's Fedora

Scratching your head to find the right gift for your guy? A chocolate brown **Bailey of Hollywood Crosby fedora** with a dapper feather detail will be the perfect addition to his weekend wardrobe.

\$90 631-288-5830

#### Girls' Denim Shirt and Skort

She'll be the cutest cowgirl on the playground in a denim button-down shirt (\$17) and floral denim skort (\$20). childrensplace.com

STILL-LIFE STYLING BY NORINE SMITH FOR HALLEY RESOURCES. MARKET EDITING BY JANE HARRISON-FOX AND CARA APOTHEKER.



#### FOR TYPE 2 DIABETES

No Matter How Hard You Try, Your Blood Sugar Numbers Can Still Be Too High.

#### Ask your Doctor if adding Onglyza can help you.

When you need extra help, one option is Onglyza, a prescription medicine used along with diet and exercise to control high blood sugar in adults with type 2 diabetes. Onglyza can be used with one of several common oral diabetes medicines.\* Your results may vary. Onglyza should not be used to treat type 1 diabetes or diabetic ketoacidosis (dangerously high levels of certain acids, known as ketones, in the blood or urine). Tell your doctor if you have a history or risk of diabetic ketoacidosis. Onglyza has not been studied with insulin.

#### May reduce spikes after you eat.

Onglyza may help reduce after-meal blood sugar spikes that can cause higher blood sugar levels. Onglyza may also help lower high morning blood sugar and A1C (the test done by your doctor every three months). Most people taking Onglyza did not experience hypoglycemia (very low blood sugar); however, it may occur, particularly when taken with another diabetes medicine, such as a sulfonylurea.



#### **Important Safety Information.**

When ONGLYZA is used with certain other diabetes medicines to treat high blood sugar, such as a sulfonylurea, hypoglycemia (low blood sugar) may occur. Symptoms of low blood sugar include shaking, hunger, sweating, headache, rapid heartbeat, change in mood, and change in vision. Follow your healthcare provider's instructions for treating low blood sugar.

If you have hypersensitivity (allergic) reactions such as rash, hives, and swelling of the face, lips, and throat, stop taking ONGLYZA and call your healthcare provider right away.

When ONGLYZA is used with a thiazolidinedione (TZD), such as pioglitazone or rosiglitazone, to treat high blood

sugar, peripheral edema (fluid retention) may become worse. If you have symptoms of peripheral edema, such as swelling of hands, feet, or ankles, call your healthcare provider.

The most common side effects with ONGLYZA include upper respiratory tract infection, urinary tract infection, and headache. Your healthcare provider should test your blood to measure how well your kidneys work. You may need a lower dose of ONGLYZA if your kidneys are not working well.

Tell your healthcare provider if you start or stop taking other medications, including antibiotics, antifungals or HIV/AIDS medications, as your healthcare provider may need to change vour dose of ONGLYZA.

Tell your healthcare provider if you are pregnant or breastfeeding, or plan to become pregnant or breast-feed.

Please read the Important Patient Information about

Onglyza on the following page and discuss it with your healthcare provider.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

(saxagliptin) 5 mg tablets

Extra Help. Extra Control.

For more information and valuable savings offers call 1-800-ONGLYZA (800-664-5992) or visit www.Onglyza.com

\*Metformin, a sulfonylurea or a TZD



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ONGLYZA™ is a trademark of Bristol-Myers Squibb



#### PATIENT INFORMATION ONGLYZA (on-GLY-zah)

R ONLY

#### (saxagliptin) tablets

Read the Patient Information that comes with ONGLYZA before you start taking it and each time you get a refill. There may be new information. This patient leaflet does not take the place of talking with your healthcare provider about your medical condition or treatment.

#### What is ONGLYZA (saxagliptin)?

ONGLYZA is a prescription medicine used with diet and exercise to control high blood sugar (hyperglycemia) in adults with type 2 diabetes.

ONGLYZA lowers blood sugar by helping the body increase the level of insulin after meals.

ONGLYZA is unlikely to cause your blood sugar to be lowered to a dangerous level (hypoglycemia) because it does not work well when your blood sugar is low

ONGLYZA has not been studied in children younger than 18 years old.

#### What should I tell my healthcare provider before taking ONGLYZA?

Before you take ONGLYZA, tell your healthcare provider about all of your medical conditions, including if you:

- have type 1 diabetes. ONGLYZA should not be used to treat people with type 1 diabetes.
- have a history or risk for diabetic ketoacidosis (high levels of certain acids, known as ketones, in the blood or urine). ONGLYZA should not be used for the treatment of diabetic ketoacidosis.
- have kidney problems.
- · are taking insulin. ONGLYZA has not been studied with insulin.
- are pregnant or plan to become pregnant. It is not known if ONGLYZA will
  harm your unborn baby. If you are pregnant, talk with your healthcare
  provider about the best way to control your blood sugar while you are
  pregnant.
- are breast-feeding or plan to breast-feed. ONGLYZA may be passed in your milk to your baby. Talk with your healthcare provider about the best way to feed your baby while you take ONGLYZA.

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.

ONGLYZA may affect the way other medicines work, and other medicines may affect how ONGLYZA works. Contact your healthcare provider if you will be starting or stopping certain other types of medications, such as antibiotics, or medicines that treat fungus or HIV/AIDS, because your dose of ONGLYZA might need to be changed.

#### How should I take ONGLYZA?

- Take ONGLYZA by mouth one time each day exactly as directed by your healthcare provider. Do not change your dose without talking to your healthcare provider.
- . ONGLYZA can be taken with or without food.
- During periods of stress on the body, such as:
  - fever
- infection
- trauma surgery

Contact your healthcare provider right away as your medication needs may change.

- Your healthcare provider should test your blood to measure how well your kidneys work. You may need a lower dose of ONGLYZA if your kidneys are not working well
- Your healthcare provider may prescribe ONGLYZA along with other medicines that lower blood sugar.
- Follow your healthcare provider's instructions for treating blood sugar that is too low (hypoglycemia). Talk to your healthcare provider if low blood sugar is a problem for you.
- If you miss a dose of ONGLYZA, take it as soon as you remember. If it
  is almost time for your next dose, skip the missed dose. Just take the
  next dose at your regular time. Do not take two doses at the same time
  unless your healthcare provider tells you to do so. Talk to your healthcare
  provider if you have questions about a missed dose.
- If you take too much ONGLYZA, call your healthcare provider or Poison Control Center at 1-800-222-1222, or go to the nearest hospital emergency room right away.

#### ONGLYZA™ (saxagliptin)

#### What are the possible side effects of ONGLYZA?

Common side effects of ONGLYZA include:

- upper respiratory tract infection
- · urinary tract infection
- headache

**Low blood sugar (hypoglycemia)** may become worse in people who already take another medication to treat diabetes, such as sulfonylureas. Tell your healthcare provider if you take other diabetes medicines. If you have symptoms of low blood sugar, you should check your blood sugar and treat if low, then call your healthcare provider. Symptoms of low blood sugar include:

- shakingrapid heartbeat
- hunger
- headache

- sweating
- change in vision
- · change in mood

**Swelling or fluid retention** in your hands, feet, or ankles (peripheral edema) may become worse in people who also take a thiazolidinedione to treat diabetes. If you do not know whether you are already on this type of medication, ask your healthcare provider.

**Allergic (hypersensitivity) reactions,** such as rash, hives, and swelling of the face, lips, and throat. If you have these symptoms, stop taking ONGLYZA and call your healthcare provider right away.

These are not all of the possible side effects of ONGLYZA. Tell your healthcare provider if you have any side effects that bother you or that do not go away. For more information, ask your healthcare provider.

Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

#### How should I store ONGLYZA?

Store ONGLYZA between 68° to 77°F (20° to 25°C).

#### $\label{thm:condition} \textbf{Keep ONGLYZA} \ \ \textbf{and all medicines out of the reach of children}.$

General information about the use of ONGLYZA

Medicines are sometimes prescribed for conditions that are not mentioned in patient leaflets. Do not use ONGLYZA for a condition for which it was not

prescribed. Do not give ONGLYZA to other people, even if they have the same symptoms you have. It may harm them.

This patient leaflet summarizes the most important information about ONGLYZA. If you would like to know more information about ONGLYZA, all with your healthcare provider. You can ask your healthcare provider.

ONGLYZA. If you would like to know more information about ONGLYZA, talk with your healthcare provider. You can ask your healthcare provider for additional information about ONGLYZA that is written for healthcare professionals. For more information, go to www.ONGLYZA.com or call 1-800-ONGLYZA.

#### What are the ingredients of ONGLYZA?

Active ingredient: saxagliptin

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. In addition, the film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, titanium dioxide, talc, and iron oxides.

#### What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems. The main goal of treating diabetes is to lower your blood sugar to a normal

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

ONGLYZA (saxagliptin) tablets

Manufactured by:

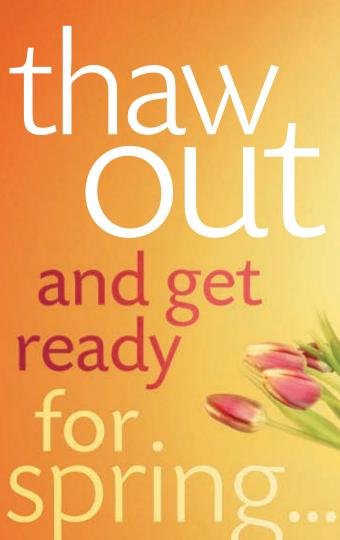
level



Marketed by: Bristol-Myers Squibb Company Princeton, NJ 08543 and AstraZeneca Pharmaceuticals LP Wilmington, DE 19850

1256316 1256317 SA-B0001B-07-09

lss July 2009



With all new episodes.
All new recipes. All new Rach.



WEEKDAYS

check local listings www.rachaelrayshow.com

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# EVERYDAY COVES NOME

#### **Appetizer Serving Set**

Small bites, olives and cheeses will look even more special when served with handcrafted wooden utensils with batik bone handles. \$17 for 3 overstock.com



#### Green Cleaners



#### **Leather Chair**

Is your living room swimming in a sea of beige? Add a shot of color to the mix with an orange tucked leather chair. With its cushy seat and gently sloped back, it may become the most popular resting spot in the house! \$130 at HomeGoods stores

#### Carry-All Laundry Bag

Call it wishful thinking, but personalizing a collapsible canvas hamper with your kids' names may motivate them to do their own laundry! \$25 and up thecompanystore.com



# 1085

BATHROOM CLEANER

#### **Mission House Numbers**

These cool number plates just might bring more friends and packages to your door. The oil-rubbed cast-zinc digits can stand up to the elements (no rusting!) and mount on any surface. \$13 each rejuvenation.com

#### Chalkboard Fork

Hang this postersize utensil board
(12" x 38") on
your kitchen wall
and you'll never
misplace shopping
lists and phone
messages again.
\$40 at Pier 1
Imports stores



A Nate Berkus gold ottoman is a shining standout! Use it for extra seating or as a footstool—or place a tray on top and turn it into a serving table at your next party. \$100 hsn.com



#### **Coil Lamp**

Here's a bright idea: Twist this LED lamp into any shape you want (or wind it around a headboard or bulletin board for instant task lighting), then pull back its lid to turn it on. Pick from red, orange, green and blue. \$10 mxyplyzyk.com







## **SMART MOM**

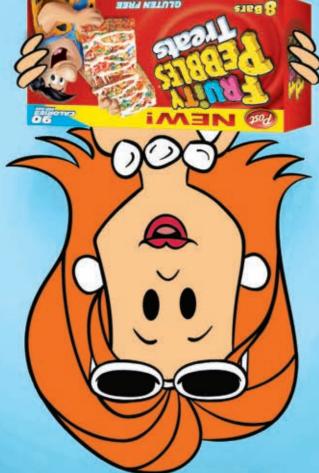
New Pebbles Treats:
The colorful marshmallowy snack that gives kids
6 essential vitamins and only 90 calories.





pebblesplay.com/treats

pebblesplay.com/treats





New Pebbles Treats: The colorful marshmallowy snack that gives kids the rockin' taste of Pebbles!

COOF WOW



## 4 ways to play up the fun

Add a touch of Hollywood glamour with this game plan.

#### create buzz

Midweek, choose the movie as a group, or take turns allowing a different family member to pick. **Once the selection's made, write a "press release," then print and distribute it in lunchboxes or on bedroom doors.** Drum up enthusiasm with wording like: "This week only, catch *The Incredibles!* Exclusive engagement in the Robinsons' living room at 6 p.m.!" Add pictures and quotes from critics, too. Also check out the movie's website—many have printable activities for younger kids (such as coloring pages).

#### set up a screening room

On movie night, encourage a dramatic "red carpet" entrance: Dress can be themed costumes, fancy attire or your favorite pj's. Set up a box office at the "entrance," and have one member of your clan give out tickets while another shows people to seats. Want to achieve that larger-than-life feel without a real silver screen? The Torpedo Entertainment Digital Movie Game Projector (\$70, amazon.com) plugs right into your DVD player and has a 6-foot diagonal projection. Play the movie on a wall (covered with a white sheet to conceal any artwork). Just make sure the room can go dark—nothing dampens the vibe like a neighbor's porch light in the window.

#### theme your snacks

Cook a movie-themed dinner (see "Movie-Worthy Meals," page 45), and buy an assortment of traditional theater candies—or, if you're feeling ambitious, make your own. Anita Chu's cookbook Field Guide to Candy (\$11, amazon.com) includes dead ringers for Milk Duds and Junior Mints. Give your kids fake money to use at the "concession stand." They'll learn about budgeting, and they won't overdo it on sugar during the show.

#### review the show

Keep the kids engaged after the credits roll. Have everyone rate the film using the five-star system or the simpler thumbs-up/thumbs-down approach. Then talk to your kids about the movie: What were their favorite parts? What did the characters do when a conflict arose, and why? Would your kids do the same thing in that situation, or would they react differently?



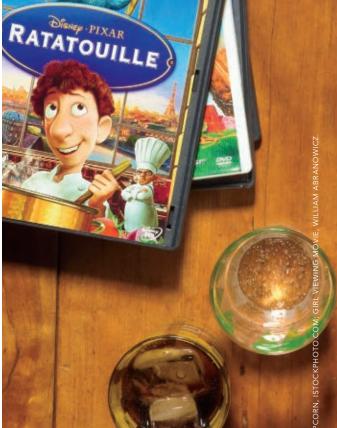
No movie night would be complete without popcorn. See our Taste Test-approved popcorn picks at rachaelraymag .com/march. (You'll find more candy recipes there, too!)











EVERY DAY WITH RACHAEL RAY



## on the menu

#### Ratatouille Pizzas

SERVES 4 PREP 30 MIN BAKE 20 MIN

- 3 tablespoons extra-virgin olive oil
- ½ small eggplant, chopped
- Salt and pepper
- ½ orange bell pepper, chopped
- 1 pint grape tomatoes
- 3 cloves garlic
- 2 teaspoons fresh thyme leaves
- ½ zucchini, quartered lengthwise and cut crosswise ½ inch thick
- pound refrigerated pizza dough, cut into quarters
- 11/4 cups shredded mozzarella cheese
- **1.** Place an inverted baking sheet on a rack in the lower third of the oven and preheat to 500°. Place a second inverted baking sheet on a work surface and cover with parchment.
- 2. In a nonstick skillet, heat 2 tablespoons olive oil over medium heat. Add the eggplant, season with salt and cook, stirring occasionally, until tender, about 10 minutes; transfer to a bowl. Add 1 teaspoon olive oil and the bell pepper to the skillet and cook until crisp-tender; add to the eggplant.
- 3. Meanwhile, using a food processor, puree three-quarters of the tomatoes, the garlic and thyme; season with salt and pepper. Transfer to the nonstick skillet and simmer over medium heat until reduced to about ½ cup, about 5 minutes. Halve the remaining tomatoes and place in a bowl. Add the zucchini and remaining 2 teaspoons olive oil; season with salt and pepper and toss to coat.
- 4. Stretch the pizza dough into 4 rectangles sized to fit the parchment, leaving a little space between each rectangle. Top with the cheese, tomato sauce and vegetables. Transfer the pizzas on the parchment to the preheated baking sheet in the oven. Bake until golden and crisp, 15 to 20 minutes.

## movieworthy meals

Serve a dinner that's inspired by the film!

#### If you're watching... **Ratatouille**

→ **Have...**our pizzas topped with the classic dish's star ingredients (see left).

#### If you're watching... **Alice in Wonderland**

→ Have...a Mad Hatter's tea party, with sandwiches, picnic food, cupcakes that read "Eat Me," and beverages that read "Drink Me."

## If you're watching... Cloudy with a Chance of Meatballs

→ **Have...**big bowls of spaghetti (extra meatballs!) and Jell-O—and time dessert to coincide with the raining Jell-O scene.

## If you're watching... Snow White and the Seven Dwarfs

→ **Have...**apple slices—the nonpoisonous kind!—with peanut butter for snacking, or fresh-baked apple pie for dessert.

#### If you're watching... **Duck Soup**

→ **Have...**dare we suggest, soup and quackers?



## surprising crowd-pleasers

Curt Holman, film critic for Creative Loafing Atlanta, suggests some under-the-radar gems your family will love.



#### The Secret of NIMH

This 1982 film adaptation of the Newbery Medal-winning book Mrs. Frisby and the Rats of NIMH—in which a mother field mouse partners with a clan of superintelligent rats to save her ill son—is a touch scary for very young children, but pure magic for older kids.

#### Spirited Away

Hayao Miyazaki's fantasy tale follows a passive, depressed little girl who finds her inner hero when trapped in a magical spa. (In Japanese with English subtitles.)

#### The Secret of Kells

In this 2010 Oscar nominee for Best Animated Feature Film, a ninth-century orphan goes on a quest to protect an illuminated manuscript from invading Vikings.

#### girl power

Some princess movies leave parents wanting stronger heroines, but these will impress and inspire.



#### Ella Enchanted

In this modern-day Cinderella story, Ella (Anne Hathaway) goes on a quest where she must use her intelligence and courage to end her "curse of obedience."



#### of Roan Inish

When a 10-year-old girl goes to live with her grandparents in an Irish fishing village, she slowly uncovers the secrets behind a slew of family legends.



Service

A young witch starts

her first year as an

apprentice and learns

to believe in herself

in this never-clichéd

coming-of-age film.

(In Japanese with

English subtitles.)

#### cult classics

These films will appeal to your family's love of the absurd.



#### A Town Called Panic Fingers of Dr.T This claymation-style

film stars Cowboy,

Indian and Horse, who

live together and have

adventures. (In French

with English subtitles.)

increasingly surreal

This live-action comedy about a dictatorial music teacher was written by Dr. Seuss—and there's Seussian design to match.

The 5,000



#### Labyrinth

David Bowie-need we say more? In this Jim Henson-directed film, he plays Jareth the Goblin King, who seeks to keep a baby boy from his teen sister in an enormous, otherworldly maze.

#### disney darlings

Get a break from The Lion King and Aladdin with these fantastic lesser-known movies.

#### The Emperor's New Groove

A seriously underrated Disney movie, this is full of smart laughs and lovable characters, and has a refreshingly unpredictable storyline.

#### The Great Mouse Detective

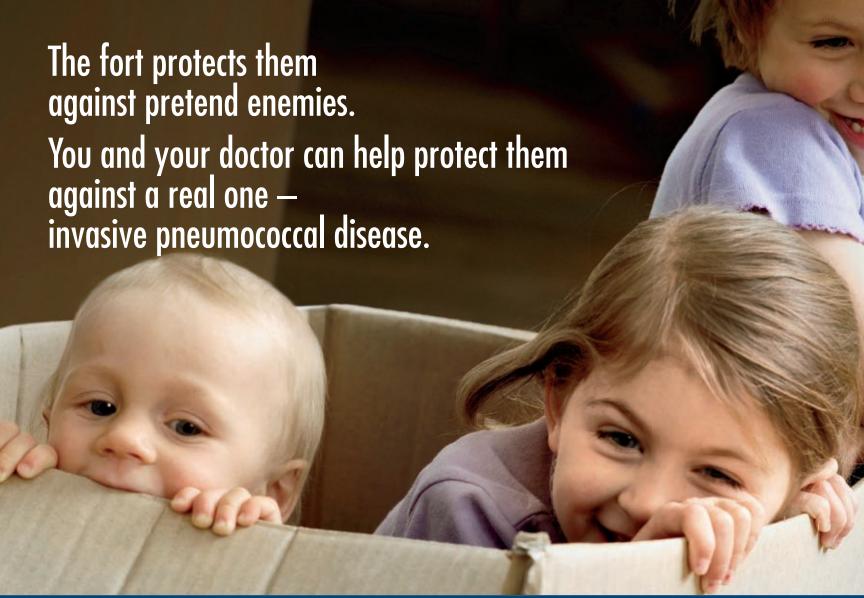
This mystery has a great Sherlock Holmesian hero—a mouse named Basil of Baker Streetand a formidable villain (voiced by Vincent Price).

#### Swiss Family Robinson

This classic castaway adventure features plenty of animals and pirates.



**DVDS, GORMAN & GORMAN** 



#### IMPORTANT VACCINE INFORMATION FOR ALL CHILDREN UP TO AGE 5:

Certain strains of bacteria that can cause serious invasive pneumococcal disease are being seen more frequently than before. There's a vaccine to help protect against them. The doctors at the Centers for Disease Control (CDC) have recommended that children 15 months to 5 years of age who've had a full 4-dose series of pneumococcal conjugate vaccine should also get a dose of Prevnar 13® to cover against 6 more strains.\*

\*The immune response from this schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13®. It's not known how medically important this difference is.

#### INDICATION FOR PREVNAR 13®

- Prevnar 13<sup>®</sup> is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday)
- Prevnar 13<sup>®</sup> is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F)

#### IMPORTANT SAFETY INFORMATION FOR PREVNAR 13®

- Prevnar 13<sup>®</sup> should not be given to anyone with a severe allergic reaction to any component
  of Prevnar 13<sup>®</sup>, Prevnar<sup>®</sup> (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM<sub>197</sub>
  Protein]), or any diphtheria toxoid—containing vaccine
- Prevnar 13<sup>®</sup> may not protect all individuals receiving the vaccine
- Children with weakened immune systems may have a reduced immune response to Prevnar 13<sup>®</sup>
- A temporary pause of breathing following vaccination has been observed in some infants born prematurely

#### IMPORTANT SAFETY INFORMATION FOR PREVNAR 13® (continued)

- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13® and Prevnar®, respectively
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider. Only a health care provider can decide if Prevnar 13<sup>®</sup> is right for your child

You are encouraged to report negative side effects of vaccines to the FDA and Centers for Disease Control (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13® on the following page.

Prevnar 13\*
Pneumococcal 13-valent Conjugate Vaccine
(Diphtheria CRM<sub>197</sub> Protein)

FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATI



### **IMPORTANT FACTS**



Prev • nar 13

#### **ABOUT PREVNAR 13®**

- Prevnar 13<sup>®</sup> is a vaccine which helps protect against 13 strains of Streptococcus pneumoniae (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13<sup>®</sup> may also be used for the prevention of otitis media (ear infection) caused by *Ŝtreptococcus* pneumoniae strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13<sup>®</sup> may not protect all individuals receiving the vaccine.
- Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13<sup>®</sup> does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness, or who have weakened immune systems.

#### **BEFORE STARTING PREVNAR 13®**

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13<sup>®</sup>.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

#### WHO SHOULD RECEIVE PREVNAR 13<sup>®</sup>?

- Prevnar 13<sup>®</sup> is recommended for children 6 weeks through 5 years of age.
- Prevnar 13® is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- Transition schedule: Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM<sub>197</sub> Protein]) may complete the 4-dose immunization series with Prevnar 13<sup>®</sup>.
- *Catch-up schedule:* Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13<sup>®</sup> to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13<sup>®</sup>. It's not known how medically important this difference is.

#### WHO SHOULD NOT RECEIVE PREVNAR 138?

- Children under 6 weeks of age and over 6 years
- Children who have had a serious allergic reaction to any component of Prevnar 13<sup>®</sup>, Prevnar<sup>®</sup>, or any diphtheria toxoid-containing vaccine.

#### POSSIBLE SIDE EFFECTS OF PREVNAR 13®

Prevnar 13<sup>®</sup> may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

#### The most common side effects of Prevnar 13<sup>®</sup> are:

- Redness, swelling and tenderness at the injection site
- Fever Decreased appetite Irritability
- Increased sleep Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13<sup>®</sup>. For a complete list, ask your child's health care provider.

#### **NEED MORE INFORMATION?**

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to www.prevnar13.com or call 1-800-666-7248.

# every day kitchen 5 Moves to a Mood-Lifting Kitchen

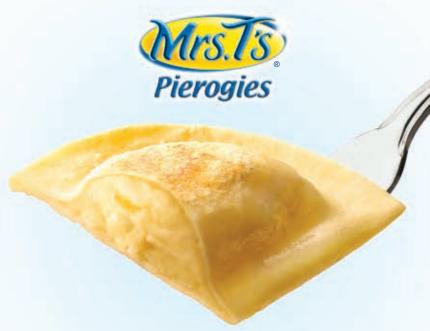
Winter doldrums got you down? These tricks







PHOTOGRAPH BY LEVI BROWN; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.



When you serve Mrs. T's® Pierogies, you're not just serving up a delicious meal, you're serving up smiles. Because whether you sauté them, grill them or even boil them, these pierogies filled with simple goodness are sure to put the fun back into family dinners.

Mrs. T's® Pierogies...The Perfect Pairing of Pasta and Potatoes!®







For simple and delicious recipes, visit **pierogies.com** 





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#### make over appliances

Give dated dishwashers and even some refrigerators a cheap face-lift, Serra suggests. Just slide out the front panels (they're usually affixed by channels on either side) and replace them with cut-to-size birch plywood (sold at hardware or home improvement stores). Using latex paint, jazz up the new panel with a bright pattern or a color that complements your kitchen.



turn up the lights

Switch on a bright light when you're making morning coffee: It'll help boost serotonin and melatonin levels (hormones that regulate mood and sleep cycles, respectively). Light can be a stimulant for people with depression or seasonal affective disorder, says Susan Albers, psychologist and author of 50 Ways to Soothe Yourself Without Food.



#### connect with family

When the blues hit, Albers suggests displaying family memorabilia in the kitchen. A glimpse can prompt the amygdala—the part of the brain that stores emotional memories—to tap into the good feelings tied to the memories. Try showing off Grandma's teapot on a shelf, or hanging a photo of Mom baking cookies in your childhood home.



## fast fact HERBAL REMEDY

Turns out that the jars in your spice cupboard can make you happier. Studies suggest that saffron in particular can be an effective antidepressant. (It's been used in traditional Persian medicine for centuries!) Get your fix with an uplifting cup of tea: Add 3 strands saffron to 3 cups boiling water, along with a cinnamon stick and 3 cardamom pods. Simmer for 30 minutes, then add sugar to taste. (You can also add blanched almonds if you have some in the pantry.)

## **TEST KITCHEN**

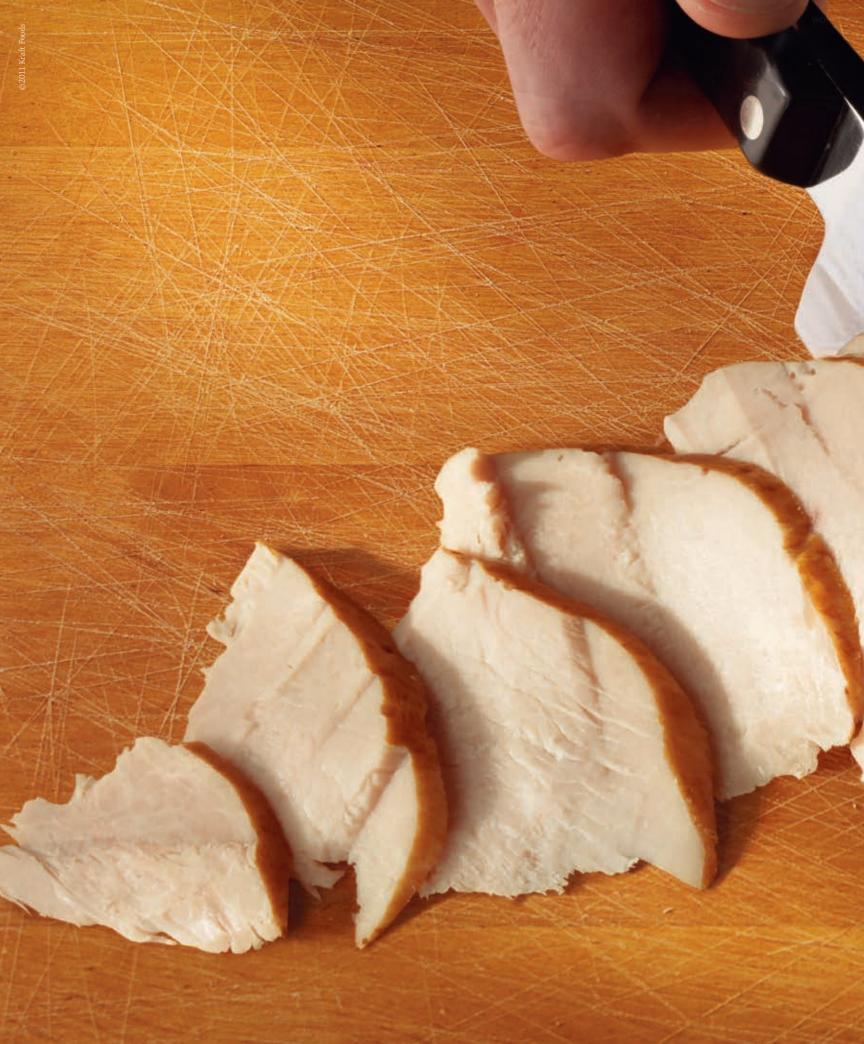
Start "cooking" outside the kitchen: Sit in a cozy chair and read your recipe all the way through before you begin making it. This is calming and prevents nerve-racking "oops" moments later on.

bring nature indoors

It's not too soon for spring in the kitchen: That's where Nina Planck, author of Real Food: What to Eat and Why, likes to display the daffodils, crocuses and pussy willow branches she picks when strolling outside. "I put them in recycled glass jars by the windows," she says. Fresh scents can be restorative, too: Burn candles or arrange sachets of lavender (stressrelieving), rosemary (uplifting) or jasmine (relaxing).

rachaelraymag.com

LAVENDER BY KANA OKADA; STYLING BY PAMELA DUNCAN SILVER. PAINT, LIGHT BULB AND SAFFRON. ISTOCKPHOTO.COM; CHAIR AND TEAPOT, GETTY IMAGES.





## My space: DEB PERELMAN

OCCUPATION Author of the food blog smittenkitchen.com LOCATION New York City

eople have walk-in closets bigger than my kitchen," says Deb Perelman, who cooks galettes, gratins, lasagna and more in her 42-square-foot "half-galley" space, and blogs about her adventures on smittenkitchen.com, which draws a whopping 1 million page views a month. (Her first cookbook is slated for release in 2012.) She also shoots the site's photos, which are so crisp (or gooey, or bubbly) that you might reach for a taste. How does one achieve such culinary feats in a room this tight? Perelman keeps her single counter "obsessively clear," arranges bulky bakeware in vertical file holders on top of wall cabinets (the rest is in the linen closet), and resists buying pricey nonessentials. "You don't need a lot of fancy stuff to cook well." —SARAH STEBBINS

Perelman has about 50 cookie cutters, including a star-shaped one from the early days of her relationship with her husband. "I don't think I've ever used it, but it makes me smile."

Perelman reaches for her mini serrated utility knife (Wüsthof, \$25, amazon.com) to cut hard-boiled eggs or chop apples for her 1-year-old son, Jacob.

She freezes Jacob's food in ice cube trays. What gets his slurp of approval? Peach sauce with nutmeg (frozen peaches and nutmeg simmered with water, then pureed).

Her half-quart pot is a "spectacular investment for a microwave-less kitchen." She uses it to heat soup and baby food, make small batches of oatmeal and melt butter. She buys 5-pound bags of almonds, walnuts and pecans from warehouse stores, then freezes them double-bagged to keep them fresh.

When possible, Perelman uses gram and ounce amounts in her recipes. "Why get out cups to measure when you could just dump everything onto a scale?"

She keeps a ruler handy so she can give readers precise measurements, like exact dimensions of lasagna squares.

#### everyone should have...

#### THE KNOW-IT-BY-HEART-DISH

Whether you want to impress with a showstopper or crave a classic, it's comforting to know there's a recipe you can practically cook with your eyes closed. Whatever the star in your arsenal—say, a golden roast chicken or a second-helpings-required stir-fry—just having it as a go-to success will give you more confidence with new recipes.



## use it up MICROWAVE POPCORN

#### serve it for breakfast

Mix leftover popped popcorn with raisins and toasted sliced almonds. Drizzle with honey; top with milk.

#### bulk up crab cakes

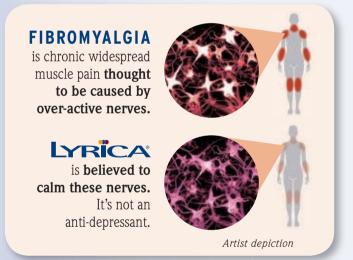
Instead of using breadcrumbs, pulse popped popcorn in a food processor until finely ground, then combine with crabmeat, finely chopped celery and onions, and a dollop of mayonnaise. Form into patties and pan-fry in olive oil until golden-brown.

#### reinvent the crouton

Toss popped popcorn with olive oil, granulated garlic and ground dried italian herbs; scatter on a salad.

POPCORN BY KANA OKADA; FOOD AND PROP STYLING BY PAMELA DUNCAN SILVER. COOKIE CUTTERS AND SPINACH ICE CUBES, GETTY IMAGES; ALMONDS AND RULER, ISTOCKPHOTO.COM.





## LYRICA (pregabalin) © can provide significant relief from Fibromyalgia pain.

In some patients, it works in as early as the first week of treatment. Have the Lyrica conversation with your doctor today.

Visit www.lyrica.com or call 1-888-5-LYRICA.



#### RELIEF can start here.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

#### **IMPORTANT FACTS**



(LEER-i-kah)

#### IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

Swelling of your face, mouth, lips, gums, tongue, throat or neck

• Have any trouble breathing

• Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

• New or worsening depression

Suicidal thoughts or actions

• Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet. This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

#### **ABOUT LYRICA**

LYRICA is a prescription medicine used in adults 18 years and older

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

Anyone who is allergic to anything in LYRICA

#### **BEFORE STARTING LYRICA**

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-thecounter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

• Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

- **BEFORE STARTING LYRICA, continued** Avandia® (rosiglitazone)\*, Avandamet® (rosiglitazone and metformin)\* or Actos® (pioglitazone)\*\* for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

#### POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- · Feeling "high"

If you have any of these symptoms, tell your doctor right away. The most common side effects of LYRICA are:

- Dizziness
  - Trouble concentrating
- Blurry vision
- Swelling of hands and feet
- Weight gain Sleepiness
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

#### **HOW TO TAKE LYRICA**

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food. Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

#### **NEED MORE INFORMATION?**

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call 1-866-459-7422 (1-866-4LYRICA).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.





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BY KATIE BARREIRA

#### use it

...in a pita pocket. Mix with chopped dill, basil and parsley, then dress with olive oil and lemon juice; layer with hummus and grilled chicken.

...in a spicy side. Simmer in unsweetened coconut milk with a pinch of salt and crushed red pepper; serve over brown rice with lime wedges.

...in a casserole. Sauté, then toss with cooked egg noodles, butter, grated swiss cheese and chopped onion; transfer to a baking dish, sprinkle with breadcrumbs and bake until the cheese melts.

...in a burger. Finely chop; stir into ground turkey with crumbled feta and form patties.

...in a sauce. Chop and mix with chopped mint and cucumber; stir into plain yogurt with a dash of paprika.

...in a smoothie. Puree with green tea, frozen mango, yogurt and some honey.

#### select & store

+ Choose leaves that are crisp and dry. + Avoid yellowed leaves and those with dark-colored water spots or a strong odor.

+ Wash leaves, shake dry, then wrap in a paper towel, place in a plastic bag and refrigerate.

+ Store in your refrigerator's crisper for up to 3 days. + Fresh spinach is best December through April.

1 pound raw makes about 1 cup cooked.



\*try this recipe

Lemony Creamed Spinach Soup SERVES 6

In a large pot, melt 4 tablespoons butter over medium heat. Add 1 large chopped onion and cook until softened, about 5 minutes. Stir in 1 tablespoon flour and cook, stirring, for 1 minute. Add one 9-ounce bag spinach and cook, stirring, until wilted; repeat with a second bag of spinach, then remove from the heat. Add 21/2 cups vegetable broth and, using an immersion blender or food processor, puree until smooth. Return to medium heat and cook until just beginning to boil, about 2 minutes. Meanwhile, in a large bowl, whisk 1/2 cup heavy cream with 2 egg yolks. Slowly whisk a ladleful of hot soup into the cream mixture and repeat with another ladleful; stir the cream mixture into the pot, season with salt and pepper and heat through. Just before serving, stir in the grated peel of 1 lemon.

Get more than 100 recipes featuring spinach at rachaelraymag .com/march.





Score no-brainer eebies

Supermarkets like **Publix and Bi-Lo** will give you certain store-brand items for free when you buy the national-brand

equivalent. "This is a risk-free way to sample store brands, which are often as good as the national brands—and almost always cheaper," says marketing expert Janet Eden-Harris. In fact, most are so confident in their private-label goods, they offer money-back quarantees, says savings expert Kimberly Danger, author of Instant Bargains.

Stay on budget as you go

Use the new handheld devices from Stop & **Shop and Giant Food** that let you scan and bag items as you go.

You'll shave 10 to 15 minutes off your shopping trip. And since the device displays your running total, you'll be more likely to stick to your budget, says consumer research psychologist and professor Kit Yarrow. "When you immediately see the damage that impulse buys like chips and gourmet goodies do to your bottom line, you'll think twice about putting them in your cart," she says.

via Facebook

"Friend" or "follow" supermarkets and brands on Facebook or Twitter to stay on top of exclusive sales.

Many retailers use social media to announce specials. Jeanette Pavini, savings expert at coupons.com, also advises that you check product manufacturers' pages for the best deals. To keep your news feed under control, focus on brands you buy often (regular purchases like diapers or cereal) or items that tend to be expensive (like extravirgin olive oil).

Put down the scissors! Supermarkets like Wegmans and ShopRite now let you access store circulars online, plus create and print shopping lists.

When you make an online shopping list, you can search for coupons and swap in comparable items that are on sale. Letting the bargains come to you cuts down prep time and can save you up to \$200 per month, Pavini says. Plus, finding out about deals ahead of time helps you avoid sale-induced impulse buying in the store, Yarrow says.

auided tour 🕖 from a pro

At Whole Foods Markets, you can sign up for a guided trip around the store to get the inside scoop on the best ways to save.

You'll get the most out of it if you come prepared with a list of questions, Pavini says. Her top five: When do advertised specials start and end? Do you discount nextday bakery items? Do you accept expired or competitors' coupons? What are some less expensive substitutes for costlier ingredients my family uses? Do you offer discounts for buying in bulk?

## this just in... UPDATED CLASSICS

Whip up flavorful dishes in a flash with these convenient new spin-offs of pantry staples. —JUDITH PEÑA

classic

LAWRY'S ORIGINAL
SEASONED SALT
MARINADE bottles
the ever-popular
spice blend with
oil and vinegar.
\$3 for 12 ounces,
at grocery stores





Top burgers with LEA & PERRINS THICK CLASSIC WORCESTERSHIRE SAUCE, a stay-put version that doubles as a tangy dip. \$3 for 10 ounces, at grocery stores



did you know...?
35 percent of shoppers avoid products containing high-fructose corn syrup.

SOURCE: MINTEL INTERNATIONAL



updated
Using cream
cheese to make rich
and silky sauces
just got easier:
PHILADELPHIA
COOKING CREME
is a softer, stir-in
version of the
original. \$3 for
10 ounces, at
grocery stores





## man on the street "WHAT KID FOODS DO YOU SECRETLY LOVE TO EAT?"

These five shoppers in New Jersey prove that you're never too old to eat like a 5-year-old. \_\_myrlandee davermann



"I've never grown out
of **Teddy Grahams**—
especially the cinnamon
and chocolate
varieties."
—RAMEEZA YASSIN



"Kind of embarrassing, but my wife and I love Dora and Scooby Doofruit snacks."

—MARCO CERQUEIRA



"I eat the ice pops I buy for my grandkids—they're only 10 calories each, and sugar-free!"—ANTHONY GIUSTO



"Boxed mac 'n' cheese is great when you want quick-fix comfort food."

—DANA VIGILANTE



"When I'm in a hurry, I grab a strawberry **Go-Gurt**." —





## ALSAYS, "I'M JUST A MEAT AND POTATOES DOG. WITHOUT THE POTATOES, OF COURSE."

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REAL DOGS EAT MEAT™



#### best pancakes KINNIKINNICK FOODS PANCAKE AND

kinnikinnick.com for stores

are "as tender and fluffy as the silver dollars from my favorite diner," one taster praised. So what's the secret? The mix is made with pea starch. Who needs wheat?

#### WAFFLE MIX \$5.95 for 22.8 ounces,

These slightly sweet, crepe-like pancakes

#### best muffin

**AUTHENTIC FOODS BLUEBERRY MUFFIN MIX** 

\$7.65 for 17 ounces, authenticfoods.com for stores

While some competitors had a gritty texture, these vanilla-y, blueberry-dotted babies were smooth and cakey, thanks to superfine rice flour and rice bran. "I

could eat one every morning!" one panelist enthused, reaching for a second muffin.

#### best brownies **GLUTEN FREE PANTRY CHOCOLATE** TRUFFLE BROWNIE MIX

\$4.79 for 1 pound, at most grocery stores These rich brownies strike all the right chords with a crackled top and a dense, fudgy interior sprinkled with chocolate chips. And with just eight ingredients, we weren't surprised that one panelist gushed, "All I taste is chocolate and more chocolate!"

#### best pizza crust **BOB'S RED MILL GLUTEN FREE PIZZA CRUST MIX**

\$4.19 for 1 pound, at most grocery stores Sure, this crust soaks up sauce like a dream, but it was the bready flavor that most impressed. "Finally, an option that tastes good!" one panelist cheered. Bonus: Each slice offers 4 grams of fiber and 3 grams of protein, thanks to a blend of three whole-grain flours.

#### best yellow cake THE REALLY GREAT FOOD COMPANY YELLOW CAKE MIX

\$6.99 for 23 ounces,

reallygoodfood.com for stores

Mace adds a nutmeg-like flavor to this off-the-charts-delicious cake. Glossy on the outside and moist within, it won raves—even unfrosted. (Cream cheese icing, however, would take it to new heights.) One taster, a skeptical 13-year-old with celiac disease, said it best: "We've got to buy this!"













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†Offer good on new Select 28-Day Auto-Delivery Programs only. Fresh-frozen items shipped separately. Seven additional free days of non-frozen food items will be included with your first delivery only. With Auto-Delivery, you are automatically charged and shipped separately. Seven additional free days of non-frozen food items will be included with your first delivery only. With Auto-Delivery, you are automatically charged and shipped your 28-Day order every four weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046. The Nutrisystem Select program is available to Continental US residents only and cannot be shipped to PO Boxes, APO Boxes or military addresses. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. Must cancel within seven days of receipt of first shipment and return at least two weeks of food for full refund, less shipping. Other restrictions apply. Call or see website for details. ©2011 Nutrisystem, Inc. All rights reserved.



worldmag:

## living light: Hearty Mains

BY TRACEY SEAMAN | PHOTOGRAPHY BY CON POULOS

#### Chicken with Wine

SERVES 4 PREP 15 MIN COOK 15 MIN

1 tablespoon flour Salt and pepper

- 1 pound skinless, boneless chicken breast, sliced into 8 cutlets and pounded thin
- 1 tablespoon extra-virgin olive oil
- 1½ tablespoons butter
- 10 ounces mushrooms, sliced
- 1 large shallot, finely chopped
- 1 cup red wine

1/2 cup low-sodium chicken broth2 teaspoons fresh thyme leaves

**1.** In a shallow bowl, combine the flour and ¼ teaspoon each salt and pepper. Coat the chicken, shaking off any excess.

2. In a large, heavy skillet, heat the olive oil over medium-high heat. Working in batches, add the chicken and cook, turning once, until just cooked through, about 5 minutes; transfer to a plate. Add ½ tablespoon butter and the mushrooms to the pan and cook, stirring, until browned, about 5 minutes; transfer to the plate of chicken. Stir in the shallot and the remaining 1 tablespoon butter. Add the wine and chicken broth and simmer until reduced by one-third, about 5 minutes.

3. Return the chicken and

**3.** Return the chicken and mushrooms to the pan, add the thyme and cook, turning, to heat through; season with salt.

## WHAT'S IN IT FOR YOU

#### **CHICKEN WITH WINE**

- This is a figurefriendly version of coq au vin (typically prepared with slab bacon and butter).
- Aromatics and wine add strong bursts of flavor, so you won't be as tempted to reach for the salt shaker.
- Thyme packs a dose of vitamin K, a nutrient that strengthens your bones.





Fruit yogurt makes for a convenient and healthy breakfast. THE REAL DEAL Convenient, maybe, but loaded with sugar. Add fresh fruit (such as berries, pear or banana) to plain yogurt instead: You'll get more fiber and nutrients, with only a fraction of the sugar.

FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING B'

## Be gourmet. The Classico Way.



#### Creamy Tomato-Vodka Soup

A Classico Exclusive Recipe from Every Day with Rachael Ray

Serves: 8 Prep: 20 minutes Cook: 1½ hours

1 Tbsp extra-virgin olive oil 2 onions, sliced

2 to 3 small cloves garlic, smashed and peeled One 32-oz. can (4 cups) vegetable broth One 28-oz. can Italian plum tomatoes, with juice

One 24-oz. jar Classico® Four Cheese Pasta Sauce

1/4 cup vodka

6 sprigs flat-leaf parsley

1 tsp salt

1tsp sugar

2 cups half and half

1. In a large pot, heat oil over medium-high heat. Add onions and garlic and cook 1-2 minutes. Add remaining ingredients except for the half and half. Cover and simmer for 30-60 minutes, stirring occasionally.

2. Using an immersion blender or a food processor, purée the soup in batches (be careful—the liquid is hot). Stir in the half and half. Cook in the covered pot on low heat until heated through, 20 to 30 minutes.

Visit classico.com for more delicious recipes and coupons.



#### GOOD FOR YOU



#### **Souper Boiled Dinner**

SERVES 6 PREP 15 MIN COOK 1 HR 20 MIN

pound boneless beef short ribs
 Salt and pepper

1½ teaspoons extra-virgin olive oil

3½ cups low-sodium chicken broth

- 3 cloves garlic
- 2 pounds bone-in chicken breast, skin discarded
- 4 carrots
- ½ head green cabbage, cut into 4 wedges
- 4 leeks, halved lengthwise
- 4 heads baby bok choy, quartered
- 1. Season the beef with salt and pepper. In a dutch oven, heat the olive oil over mediumhigh heat. Add the beef and cook, turning, until browned, about 8 minutes. Add 2½ cups water, the chicken broth and garlic. Lower the heat, cover and simmer for 20 minutes. Nestle the chicken into the liquid, add the carrots and cabbage, cover and simmer for 30 minutes. Add the leeks and simmer until the chicken is cooked through, about 15 minutes.
- 2. Transfer the vegetables to a platter and tent with foil. Transfer the beef and chicken to a cutting board and slice; arrange on the platter. Add the bok choy to the cooking liquid in the pot, cover and cook until tender, 3 to 4 minutes; transfer to the platter. Serve the meat and vegetables in shallow bowls moistened with the cooking liquid.

#### WHAT'S IN IT FOR YOU ...

#### **SOUPER BOILED DINNER**

- Cruciferous veggies (such as cabbage and bok choy) may help prevent certain types of cancer.
- Meat plays a supporting role, while veggies star which cuts calories and amps up nutrients.
- Using fresh beef short ribs, rather than traditional brined corned beef, means less sodium.



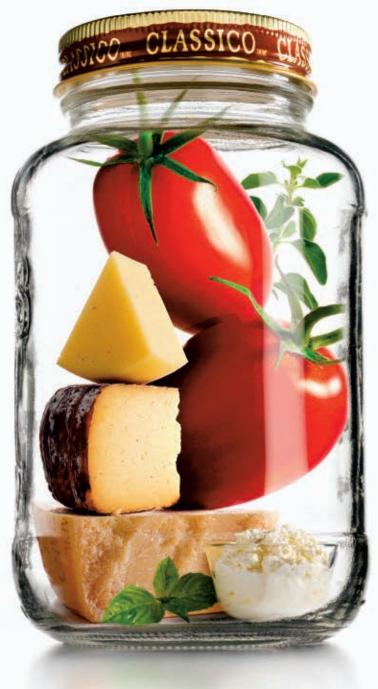
#### Pub-wich SERVES 4 PREP 15 MIN COOK 15 MIN

- ½ cup chicken broth
- 1 tablespoon cornstarch
- 1 tablespoon flour
- ½ cup stout beer
- 4 ounces sharp cheddar cheese, shredded
- 1 tablespoon extra-virgin olive oil
- 8 ounces reduced-fat, reduced-sodium beef hot dogs, sliced
- ½ head green cabbage, shredded
- 1 bunch scallions, thinly sliced
- 4 slices pumpernickel bread
- 3 tablespoons grainy mustard
- 1. In a small saucepan, whisk together the chicken broth, cornstarch and flour over medium heat until thickened, 1 minute. Whisk in the beer and bring to a simmer, whisking, 2 to 3 minutes. Whisk in the cheese; cover.
- 2. In a large skillet, heat the olive oil over medium-high heat. Add the hot dogs and cook, stirring, until browned, about 3 minutes; transfer to a plate. Add the cabbage and scallions to the pan, cover and cook, stirring occasionally, until wilted, about 5 minutes. Return the hot dogs to the pan.
- **3.** Meanwhile, toast the bread and spread with the mustard. Stir 2 tablespoons cheese sauce into the hot dog-cabbage mixture and divide the mixture among the toasts. Top with the remaining cheese sauce.

#### WHAT'S IN IT FOR YOU

#### **PUB-WICH**

- Stretching cheese sauce with broth cuts the amount of fat per portion.
- Authentic pumpernickel made with rye flour contains more fiber than all-wheat bread loaves.
- "Light" beef hot dogs have fewer calories than pub-style pork sausages.



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Good Source of Fiber



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For complete nutrition facts & ingredients visit www.eatsmartnaturals.com.



## PHOTOGRAPHY BY LUCAS ZAREBINSKI

CUISIPRO 4-SIDED BOX GRATER

1. sharpest \$30, cheftools.com

This tool will make you seek out things to grate. Thanks to the well-honed blades, it quickly and effortlessly makes thin ribbons of both hard and soft foods. Bonus: The sharp slicer is an excellent mandoline.

#### 2. sturdiest KITCHENAID BOX GRATER

\$25, pfaltzgraff.com

This is as well-rounded as a box can be: Its slightly convex walls mean you don't have to push as hard while grating, but it has an anti-skid base just in case. It also simplifies prep and storage with a 3-cup container, complete with a lid and measuring marks.

#### 3. fastest **TRUDEAU 4-SIDED GRATER**

\$13, amazon.com

When you're cooking for a crowd (read: grating a lot of cheese for Grandma's famous lasagna), this jumbo-size grater helps get the job done quickly. Thanks to its wide surfaces and spacious center, you can tackle larger items without stopping to empty it. Food releases cleanly from the grates, so washing is a cinch.

#### 4. smallest GOOD COOK TOUCH BOX GRATER WITH **MEASURING CONTAINER**

\$13, goodcook.com

We like that this version is slim in body (it takes up the least storage space of all), but doesn't skimp on a cushy rubber handle. It comes with a perfectly sized storage container that nests inside.

#### 5. wallet-friendliest **CUISINOX 9.5-INCH BOX GRATER**

\$10, inoxkitchenware.com

This trusty, basic model gave us reverse sticker shock. With narrow sides, it's well suited to smaller-scale projects—and to smaller chefs, too: The petite handle and slipproof bottom make it especially kid-friendly.

advertisement

# Dinner 1-2-3

Spend less time cooking dinner and more time with the family.



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# Dinners for 10 Bucks (or Less)

BY ABIGAIL CHIPLEY

**Pork Chops with Tomato** Chutney

SERVES 4 PREP 15 MIN COOK 20 MIN

1/4 cup extra-virgin olive oil

onion, chopped

One 14.5-ounce can chopped tomatoes

cup golden raisins

- tablespoons brown sugar
- teaspoons finely grated fresh ginger
- tablespoons plus 1 teaspoon red wine vinegar
- pork loin chops (about 1½ pounds)

Salt and pepper

pound green beans

1. In a medium skillet, heat 1 tablespoon olive oil over mediumhigh heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Stir in the tomatoes, raisins, brown sugar, ginger, 3 tablespoons vinegar and ½ cup water. Bring to a boil, lower the heat and simmer until the sauce has thickened, about 10 minutes. 2. Meanwhile, season the pork with salt and pepper. In a large skillet, heat 2 tablespoons olive oil over

medium-high heat. Add the pork chops and cook, turning once, until browned and just cooked through, about 5 minutes.

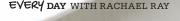
3. In a pot of boiling water, cook the green beans until crisp-tender, about 3 minutes; drain. Transfer to a bowl and toss with the remaining 1 tablespoon olive oil and 1 teaspoon vinegar; season with salt and pepper. Top the pork chops with the tomato chutney and serve with the green beans.

# THE RECEIPT

Extra-virgin olive oil	\$0.52
Onion	\$0.36
Canned chopped	
tomatoes	\$0.99
Golden raisins	\$0.36
Brown sugar	\$0.18
Fresh ginger	\$0.11
Red wine vinegar	\$0.73
Pork loin chops	\$4.49
Green beans	\$1.69

TOTAL: \$9.43 Salt and pepper are freebies.

PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY RONNE DAY; PROP STYLING BY MELISSA HABERN







# Fragrant Lamb Patties with Bulgur Salad

SERVES 4 PREP 15 MIN COOK 30 MIN

- 1 cup bulgur wheat Salt and pepper
- 1 pound ground lamb
- 1 bunch cilantro, chopped
- 3 cloves garlic, chopped
- 1 tablespoon paprika
- 1 cucumber, peeled and chopped
- 1 cup halved seedless red grapes Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1. In a small saucepan, bring 1 cup water to a boil. Stir in the bulgur and ¼ teaspoon salt, cover and let stand until the water is absorbed, about 30 minutes.
- 2. Meanwhile, in a large bowl, combine the lamb, half of the cilantro, the garlic, paprika and 1½ teaspoons salt. Form into four ½-inch-thick patties.
- 3. Heat a large nonstick skillet over medium-high heat. Add the patties and cook, turning once, until cooked through, 10 to 12 minutes.
- **4.** Meanwhile, transfer the bulgur to a large bowl. Stir in the cucumber, grapes, lemon juice, olive oil and remaining cilantro; season with salt and pepper. Serve with the lamb patties.



# Two new mouthwatering ideas. Still only \$3 per serving. For more low-cost, high-flavor meal ideas, visit mccormick.com/value









†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.

©2010 McCormick & Co., Inc.







# Chicken with Mustard-Tarragon Sauce

SERVES 4 PREP 15 MIN COOK 20 MIN

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons plus 1 teaspoon dijon mustard

# Salt and pepper

- orange, peel and pith discarded, cut into segments
- 1¼ pounds skinless, boneless chicken breast
- 1/3 cup heavy cream
- ½ teaspoon chopped fresh tarragon
- 1 head red-leaf lettuce, torn
- 1. In a large bowl, whisk together 1 tablespoon olive oil, 1 tablespoon vinegar and 1 teaspoon mustard; season with salt and pepper. Add the orange segments.
- 2. Season the chicken with salt and pepper. In a large nonstick skillet, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the chicken and cook, turning once, until golden and cooked through, 12 to 15 minutes; transfer to a plate and cover to keep warm. 3. Lower the heat to medium and add the remaining 1 tablespoon vinegar to the pan, scraping up any browned bits. Whisk in the cream, the remaining 2 tablespoons mustard and the tarragon and cook until slightly thickened, about 1 minute.
- 4. Add the lettuce to the orange mixture and toss to coat. Slice the chicken against the grain ½ inch thick and divide among 4 plates. Spoon the sauce over the chicken and serve with the salad.

# Catfish with Carrot-Cabbage Slaw SERVES 4 PREP 25 MIN COOK 10 MIN

- 5 tablespoons vegetable oil
- 1 lemon, ½ juiced and ½ cut into 4 wedges
- 2 teaspoons sugar
  Salt and black pepper
- ½ small red cabbage (about 12 ounces), shredded
- 1 large carrot, coarsely grated
- ½ small red onion, grated
- 1/4 cup yellow cornmeal
- 1/4 teaspoon cayenne pepper
- 1 pound catfish fillets, cut into 1-inch-wide strips

1. In a large bowl, combine 1 tablespoon oil, the lemon juice and sugar; season with salt and black pepper. Add the cabbage, carrot and onion; toss to coat. 2. In a large, shallow bowl, combine the cornmeal, cayenne and 1 teaspoon salt. Coat the catfish with the seasoned cornmeal, shaking off any excess. 3. In a large nonstick skillet, heat the remaining ¼ cup oil over mediumhigh heat. Working in batches, add the fish and cook, turning once, until browned, about 5 minutes; drain on a paper-towel-lined plate. Serve with the carrot-cabbage slaw and the lemon wedges.



Grits-and-Eggs Casserole SERVES 4 PREP 15 MIN BAKE 20 MIN

Salt and pepper

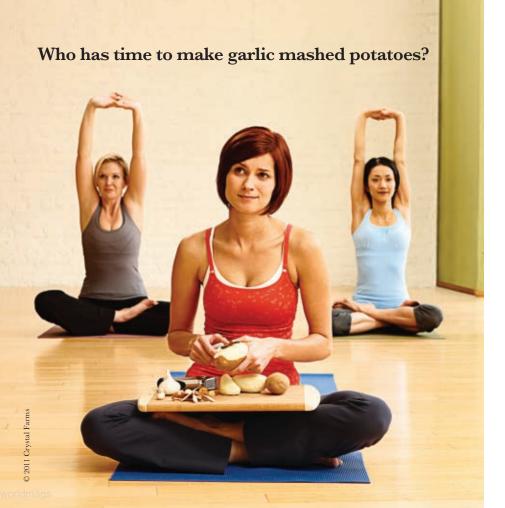
11/2 cups quick-cooking grits

- ounces sharp cheddar cheese, shredded (about 2 cups)
- 4 tablespoons butter
- 8 eggs
- 2 tablespoons extra-virgin olive oil
- 2 red bell peppers, thinly sliced
- 2 onions, thinly sliced Hot sauce, for serving
- 1. Preheat the oven to 350°. Grease a 9-by-13-inch baking dish. In a medium saucepan, bring 3½ cups water and ½ teaspoon salt to a boil. Stir in the grits, lower the heat and cook, stirring, until very thick, about

5 minutes. Stir in the cheese and

butter until melted. Transfer to the prepared baking dish and smooth with a spatula.

- 2. Using the back of a spoon, make 8 evenly spaced wells in the grits. Crack 1 egg at a time into a small bowl and pour into each well. Bake the casserole until the egg whites are set but the yolks are still jiggly, about 20 minutes.
- 3. Meanwhile, in a large skillet, heat the olive oil over medium-high heat. Add the bell peppers and onions and cook, stirring frequently, until the onions are browned, about 10 minutes; season with salt and pepper. Lower the heat to low and cook until the peppers are softened, about 5 minutes. Serve the grits casserole with the peppers and onions; sprinkle with hot sauce.



# You do.



With fresh potatoes, butter and half & half, they taste like you made them from scratch.

Only you didn't.



# Why should pancakes have all the fun? Here are six unexpected ways to turn our favorite batter into dinner or dessert.

# basic batter

In a bowl, whisk together
1 cup flour, 1 tablespoon
plus 1 teaspoon baking
powder, 1/4 teaspoon sugar
and 1/4 teaspoon salt. Beat in
1 cup milk, 3 beaten eggs,
5 tablespoons melted butter
and 1 tablespoon vegetable
oil until smooth.

MAKES 2½ CUPS

BY R. ALLEN SMITH | PHOTOGRAPHY BY ROMULO YANES









# SNAZZ UP A SAlad Zucchini Fritters with Tuna

SERVES 4 PREP 15 MIN COOK 10 MIN

One 12-ounce can tuna, drained

- 4 scallions, coarsely chopped
- ½ cucumber—peeled, seeded and sliced crosswise
- 1/4 cup pitted kalamata olives, sliced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon mayonnaise
- ½ pound zucchini, coarsely grated
- 1 cup Basic Batter (page 78)

Vegetable oil, for frying

- 1 lemon, cut into wedges
- 1. In a bowl, combine the tuna, scallions, cucumber, olives, olive oil and mayonnaise. In another bowl, combine the zucchini with the batter.
- 2. Fill a large skillet with enough vegetable oil to reach a depth of 1 inch and heat over medium-high until it registers 350° on a deep-fry thermometer. Drop ¼ cupfuls of the zucchini mixture in the oil and fry until golden, about 3 minutes; drain. Top with the tuna salad and serve with the lemon wedges.

# turn it into a casserole Chicken-Tomato Clafoutis

SERVES 4 PREP 20 MIN BAKE 35 MIN

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- ½ onion, finely chopped
- 2 cups ½-inch baguette cubes
- 6 ounces skinless, boneless dark meat rotisserie chicken
- 5 sun-dried tomatoes packed in oil, drained and thinly sliced
- 6 cloves garlic, chopped Salt
- 1 cup Basic Batter (page 78)
- 1 cup chicken broth
- 1. Preheat the oven to 375°. In a large skillet, heat the butter and olive oil over medium-high heat. Add the onion and cook until softened, about 5 minutes. Transfer to a large bowl. Mix in the bread, chicken, sun-dried tomatoes and garlic; season with salt.
- 2. Spread the chicken-bread mixture in a heavy, ovenproof skillet. Combine the batter and chicken broth in the large bowl and add to the skillet, pressing down to moisten the bread. Bake until golden and set, 30 to 35 minutes.







# make a special breakfast Lemon Crepes

SERVES 6 TO 8 PREP 20 MIN COOK 30 MIN

# 21/3 cups Basic Batter (page 78)

- ½ cup white cornmeal
- 2 tablespoons half-and-half
- 6 ounces cream cheese, at room temperature
- 1/4 cup confectioners' sugar, plus more for dusting

Grated peel and juice of 1 lemon

- 3/4 cup heavy cream, chilled
- 3 tablespoons butter, melted
- 1 cup granulated sugar
- ½ cup chopped dried apricots
- 1. In a large bowl, combine the batter, commeal and half-and-half. In another large bowl, beat the cream cheese, confectioners' sugar and lemon peel until fluffy. Beat in the lemon juice.
- **2.** Using an electric mixer, beat the heavy cream until soft peaks form. Fold into the cream cheese mixture and refrigerate.
- 3. Preheat a nonstick skillet over medium-high heat. Grease the pan with some butter. Add 2 tablespoons of the cornmeal batter and, tilting and rotating the pan, form a thin crepe. Cook until golden, 1 minute; flip and cook for about 15 seconds. Repeat with the remaining cornmeal batter and butter.
- **4.** In a heavy saucepan, bring the granulated sugar and ½ cup water to a boil over medium-high heat. Cook, undisturbed, until golden, about 10 minutes. Stir in the apricots and ¼ cup water.
- 5. Meanwhile, working in batches, arrange the crepes on a work surface and spread some of the cream cheese mixture on each one. Fold the crepes in half, then fold in half again to form a fan. Top with the apricot-caramel sauce and dust with confectioners' sugar.



rachaelraymag.com 83

# Meet the "Hot Mess" Winner!

Bust out the napkins! A tangy, five-ingredient sauce and sweet potato fries put this year's Burger Bash contest winner over the top.

PHOTOGRAPHY BY MARCUS NILSSON



# The "Hot Mess" Burger

SERVES 4 PREP 20 MIN COOK 10 MIN

- 8 slices bacon
- cup thousand island dressing
- cup finely chopped dill pickles
- cup finely chopped red onion
- 1 to 2 jalapeño chiles, seeded and chopped
- 2 pounds ground beef chuck Salt
- 8 slices American cheese
- 4 deli rolls, split and toasted
- 2 cups shredded iceberg lettuce

One 20-ounce bag frozen sweet potato fries, prepared according to package directions

- 1. In a large skillet, cook the bacon over medium heat until crisp; transfer to a plate to drain. In a small bowl, stir together the dressing, pickles, onion and jalapeños. Crumble in the bacon.
- 2. Preheat a grill or grill pan to medium-high heat. Form the ground beef into 4 patties and season with salt. Add the patties to the grill and cook, turning once, for about 10 minutes for medium-rare. During the last few minutes of cooking, top the burgers with 2 slices of cheese each.
- 3. Divide the burgers among the roll bottoms and spoon the dressing on top. Pile high with the lettuce and fries and cover with the roll tops.



"My business partners, Chuck Fillari and Sebastian Fricia, and I are just three regular guys who love food and have fun making burgers. One day, Sebastian was playing around with an over-the-top riff on a Big Mac, with the wacky addition of sweet potato fries. He called it The Big Mess. I added jalapeños to give it a kick and changed the name to The Hot Mess. It caught on. People really enjoy saying it and, of course, eating it? —PAUL MALVONE, BOSTON BURGER CO.



Paul wins the contest live on the Rachael Ray show! OOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER

Special thanks to reader Alison Santry from Boston, who nominated this burger!



Watch the contest unfold at rachaelraymag.com/march.



# What's for dinner tonight?

Take this shopping list to the store and you'll have seven nights' worth of easy meals for under \$100.

# DAYS

# YOUR SHOPPING LIST

- ☐ 1 bunch celery
- ☐ 4 bell peppers
- □ 2 pounds baby red-skinned
- ☐ One 5-ounce bag mixed greens
- ☐ One 5-ounce bag baby spinach
- ☐ 1 bunch scallions
- ☐ One 16-ounce package sliced white mushrooms
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 pint half-and-half
- ☐ One 8-ounce container sour
- ☐ One 8-ounce container grated parmesan cheese
- ☐ One 4-ounce container blue cheese crumbles

☐ 4 skinless tilapia fillets (about 11/4 pounds)

- $\square$  2 pounds ground beef
- ☐ One 12-ounce package bacon
- □ 1 pound chicken cutlets
- □ 8 bone-in chicken thighs (about 2 pounds)

☐ One 9.2-ounce package small flour tortillas

- ☐ One 12-ounce bottle buffalo
- $\Box$  One 12-ounce bag dried egg
- ☐ One 7.6-ounce box couscous
- ☐ Two 10-ounce bags orzo pasta
- ☐ Two 32-ounce containers chicken broth
- ☐ One 15-ounce can tomato
- ☐ Three 15-ounce cans cannellini
- $\square$  One 16-ounce bag frozen peas

# Total Price: \$80.90

(Extra-virgin olive oil, salt and pepper are freebies.)



Get a new menu planner every week at rachaelraymag.com/menu.



# Chicken-and-Orzo Soup SERVES 4 PREP 10 MIN COOK 20 MIN

- 1 cup orzo pasta
- 1 tablespoon extra-virgin olive oil
- 1 pound chicken cutlets, cut into ½-inch pieces

# Salt and pepper

- 8 ounces sliced white mushrooms
- 2 ribs celery, thinly sliced crosswise

One 15-ounce can cannellini beans, rinsed

- 7 cups chicken broth
- 3 tablespoons fresh lemon juice
- 3/4 cup flat-leaf parsley leaves
- 1. In a large pot of boiling, salted water, cook the orzo until al dente, 8 to 10 minutes; drain.

.....

- 2. Meanwhile, in a large pot, heat the olive oil over medium-high heat. Add the chicken, season with salt and pepper and cook, stirring occasionally, until just cooked through, about 5 minutes. Add the mushrooms and celery and cook until the chicken is golden-brown, about 10 minutes.
- 3. Stir in the cooked orzo, the beans, chicken broth and lemon juice; season with salt and pepper. Lower the heat to medium and simmer until heated through. Stir in the parsley.

# > plan it

SAVE 10 minutes: Cook the orzo for both tonight and Thursday, then refrigerate two-thirds in a resealable plastic bag.

**VEG OUT** by swapping in vegetable broth and cubed potatoes for the chicken broth and cutlets.

STIR in a can of crushed tomatoes and sprigs of thyme with the cooked orzo, and sprinkle the finished soup generously with parmesan cheese.





# Stewed White Beans with Spinach and Bacon

SERVES 4 PREP 10 MIN COOK 30 MIN

- 8 slices bacon
- 1 pound baby red-skinned potatoes, cut into 1/3-inch cubes
- ½ onion, chopped

Two 15-ounce cans cannellini beans, rinsed

- 1 cup chicken broth
- 2 tablespoons fresh lemon juice Salt and pepper
- 2 cups packed baby spinach
- 2 scallions, thinly sliced
- ½ cup grated parmesan cheese

1. In a large skillet, cook the bacon over medium heat, turning halfway through, until just crisp, 8 to 10 minutes; drain on a papertowel-lined plate. Discard all but 2 tablespoons of the bacon grease from the skillet.

2. Return the skillet to medium-high heat, add the potatoes and cook, stirring occasionally, until golden, 6 to 8 minutes. Stir in the onion and cook until softened, about 5 minutes. Stir in the beans, chicken broth and lemon juice; season with salt and pepper. Simmer until the liquid is almost absorbed, about 7 minutes. Stir in the spinach and cook until just wilted, about 1 minute. Crumble the bacon on top and sprinkle with the scallions and parmesan.

# > plan it

OMIT the bacon and cook the vegetables in extra-virgin olive oil, and swap in vegetable broth for chicken broth, to make this vegetarian.

**SERVE** over a toasted and buttered baquette for an open-face sandwich.

**STRETCH** leftovers by thinning out the dish with chicken broth and adding cooked pasta or rice.







squeeze a wedge of lemon over

onion, thinly sliced



# Peppers 'n' Potatoes Beef Skillet Supper

SERVES 4 PREP 10 MIN COOK 40 MIN

- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 1 pound ground beef

### Salt and pepper

- 4 slices bacon, chopped
- pound baby red-skinned potatoes, quartered
- 2 bell peppers, cut into thin strips1½ cups frozen peas

172 cups frozen peas

One 15-ounce can tomato sauce One 12-ounce bag dried egg noodles

1. In a large, deep skillet, heat the olive oil over medium-high heat. Add the onion and cook until softened, about 3 minutes. Add the beef and cook, stirring occasionally, until browned, 5 to 7 minutes; season with salt and pepper. Transfer to a bowl.

2. In the same skillet, cook the bacon over medium heat until crisp, 4 to 5 minutes; drain on a paper-towel-lined plate. Add the potatoes to the pan and stir to coat with the rendered bacon grease; cover and cook until just tender, about 8 minutes. Stir in the bell peppers and cook until softened, 6 to 8 minutes. Stir in the reserved beef mixture, the peas, tomato sauce and 1 cup water; season with salt and pepper and cook until the potatoes are tender, 8 to 10 minutes.

3. Meanwhile, in a large pot of boiling, salted water, cook the egg noodles until al dente, 8 to 10 minutes; drain. Add the beef mixture; toss. Top with the bacon.

# **Noodling Around**

BY TRACEY SEAMAN | PHOTOGRAPH BY MARCUS NILSSON

This Seattle family gives pasta night a playful, healthful twist with whole grain noodles, pork, veggies and a ginger-soy sauce.

Pork and Green Beans

with Soba Noodles

**SERVES** 4 **PREP** 20 MIN **COOK** 10 MIN Like it spicy? Add 1 teaspoon crushed red pepper to the pork marinade.

One 12-ounce boneless pork loin, thinly sliced into long slivers

- 1/4 cup soy sauce
- 3 cloves garlic, finely grated
- 1 tablespoon grated fresh ginger
- 2 teaspoons cornstarch

One 8-ounce package soba noodles

2 tablespoons vegetable oil

One 1-pound bag frozen french-cut green beans

- 3 carrots, shredded
- 1/4 cup chopped salted, roasted cashews
- 1. In a medium bowl, combine the pork, 2 tablespoons soy sauce, the garlic, ginger and cornstarch.
- 2. In a pot of boiling water, cook the noodles according to package directions; drain. Rinse with cold water until cool.
- 3. Meanwhile, in a wok, heat the oil over high heat. Add the pork and stir-fry for 1 minute. Lower the heat to medium and add 1 cup water, the green beans and remaining 2 tablespoons soy sauce. Simmer until the sauce has thickened slightly, 3 to 5 minutes.
- **4.** Add the carrots and noodles to the wok and toss until heated through, about 2 minutes. Divide among 4 plates and sprinkle the cashews on top.



spinach and cucumber tossed in vinaigrette.

For more ways to help your family build healthier

relationships with food and cooking, visit yum-o.org.



# why it's our family favorite

Faye Turcotte, 5, and her 4-year-old brother, Owen, don't need coaxing to try new foods: chicken marsala with gnocchi, spaghetti with clams, and dim sum are some of their favorite meals. How'd they get to be such bold eaters? Mom Anita and dad Joe have always made it a point to get the kids involved in the kitchen. "We include them in the meal planning and cooking process; it's a great way to spend time as a family while learning about different foods," Anita says. This month they tried Pork and Green Beans with Soba Noodles. The grown-ups appreciated how quickly and easily the meal came together, and the kids loved the Asian flavors—a win-win all around. —SARAH ZORN

rachaelraymag.com EVERY DAY WITH RACHAEL RAY



# (And you're in here. Again.)

# Maybe today is the day to talk to your doctor about overactive bladder.

Ready to take a vow to do something about your overactive bladder symptoms? Ask your doctor about prescription Toviaz<sup>®</sup> (fesoterodine fumarate), the once-daily pill that significantly reduces sudden urges and accidents over 24 hours.\*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Make a commitment to learn more about the symptoms of overactive bladder and Toviaz.

Ask if Toviaz is right for you.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

\*Results may vary

The plan can help you manage overactive bladder symptoms:

. . . . . . .

tomatoes and citrus fruits

Did you know acidic fruits and vegetables such as

may irritate your bladder?



# Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.





# IMPORTANT FACTS



(TOH-vee-as)

# ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

# WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

# **BEFORE YOU START TOVIAZ**

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- · Liver problems.
- · A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

# POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

# **HOW TO TAKE TOVIAZ**

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

# What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

# **NEED MORE INFORMATION?**

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- · Go to www.Toviaz.com.
- Call **1-877-9-TOVIAZ**.

Uninsured? Need help paying for Pfizer medicine?
Pfizer has programs that can help.
Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.





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MINUTE MEALS

Peas-and-Carrots Soup with Dumplings

Fusilli with Crispy Kale and Ricotta

Quick Lamb-and-Olive Sauce with Fusilli

White Minestrone with Fusilli

Chorizo-Tortilla Tortillas

French Bread Pissaladière

Roasted Ratatouille with Honey Polenta

Rigatoni with Grilled Beef and Gravy

Sloppy Maple-BBQ **Turkey Joes** 

Chicken Thighs with **Smoky Roasted Peppers** 

Ward off the season's chill with my quick pastas (fun curlicue fusilli is the star of three of them), main-dish sandwiches, warming soups and more.

BY RACHAEL RAY



# Peas-and-Carrots Soup with Dumplings

**SERVES 4** 

- tablespoons EVOO (extra-virgin olive oil)
- tablespoons butter
- carrots-peeled, halved lengthwise and thinly sliced
- rib celery, chopped
- medium onion, chopped

Salt and pepper

- fresh bay leaf
- rounded tablespoons flour

One 32-ounce container (4 cups) chicken or vegetable stock

rounded tablespoon dijon mustard

- cup frozen peas
- tablespoons finely chopped fresh tarragon, dill or parsley

One 8-ounce box biscuit mix (about 2 cups), such as Jiffy Buttermilk Biscuit Mix, batter prepared according to package directions

Heat a couple of tablespoons EVOO, 2 turns of the pan, over medium-high heat in a large soup pot or dutch oven. Add the butter to melt, then add the carrots, celery and onion; season with salt, pepper and the bay leaf. Cover the pot and cook, stirring occasionally, until the carrots soften, 7 to 8 minutes. Sprinkle the flour on

the vegetables and stir for a minute, then whisk in the chicken (or vegetable) stock until thickened. Stir in the mustard and peas. For a thinner soup, add 1 to 11/2 cups water with the stock.

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY R BY JANE HARRISON-FOX; HAIR BY CARRIE FERNOW; MAKEUP BY

Add the chopped fresh herbs to the biscuit batter and combine. When the soup is bubbling, form the batter into small dumplings using 2 spoons, then drop onto the surface of the soup. Cover the pot with a tightfitting lid and cook the dumplings, gently stirring, until just firm, 8 to 10 minutes. Transfer the soup and dumplings to shallow bowls; discard the bay leaf.



Get Rachael's 30-Minute Meals and other quick, easy recipes at rachaelraymag.com/30.

# Fusilli with Crispy Kale and Ricotta

**SERVES 4, WELL** 

1 pound cavolo nero (also called black, tuscan, dinosaur or lacinato kale) or curly kale—stemmed, washed and dried

About 5 tablespoons EV00 (extra-virgin olive oil)

Salt and pepper

- pound short or long fusilli pasta or curly spaghetti (look for an imported italian pasta)
- 1 pound hot or sweet italian bulk sausage (optional)

3 to 4 cloves garlic, finely chopped

1 small italian red cherry chile pepper or 1 fresno chile pepper, seeded and finely chopped

About 2 tablespoons fresh thyme leaves, chopped

A couple of small sprigs rosemary, finely chopped

About 1½ cups fresh sheep's- or cow's-milk ricotta cheese

Freshly grated nutmeg Shaved pecorino-romano cheese

Preheat the oven to 400°. Dress the kale lightly with a couple of tablespoons EV00; season with salt and pepper. Arrange on 2 baking sheets and bake for about 15 minutes, rotating and switching the pans midway through.

Bring a pot of water to a boil, salt it, add the pasta and cook until al dente. Drain and return the pasta to the pot, reserving 1 cup of the pasta cooking water.

Once the pasta water is boiling, if using the sausage, in a large skillet, drizzle 1 tablespoon EV00 over medium-high heat. Add the sausage, crumbling the meat, and cook until browned. Using a slotted spoon, transfer to a plate. If you're skipping the sausage, heat the skillet to medium. Add the remaining 2 tablespoons EV00, a couple of turns of the pan, to the skillet and reduce the heat to medium-low. Add the garlic and chile pepper to the skillet and stir for a couple of minutes. Stir in the thyme and rosemary.

Whisk the reserved pasta cooking water into the garlic oil, then pour over the pasta. Add half of the crispy kale, the sausage (if using), ricotta and some nutmeg; toss vigorously to coat the pasta. Season with salt, pepper and nutmeg to taste. Serve in shallow bowls and top with the pecorino-romano and piles of the remaining crispy kale.



Make this recipe with or without sausage, as either a meat-free vegetarian entrée or an extra-hearty comfort classic. Substitute the Kale with blanched, roasted broccoli rabe for another version.







Spanish tortillas—aka frittatas or omelets—are a super-affordable lunch or breakfast. This one is a mash—up of migas eggs (a Spanish breakfast dish made with fried breadcrumbs) and a chorizo tortilla.

# Sandwich Night: French Bread Possaladière

### SERVES 4

Serve this with a spinach or arugula salad.

- 3 tablespoons EVOO (extra-virgin olive oil)
- 6 anchovy fillets
- 3 large or 4 medium onions, sliced
- 4 cloves garlic, chopped or thinly sliced
- tablespoon chopped fresh thyme orteaspoon ground thyme

About  $\frac{1}{2}$  teaspoon dried oregano Salt and pepper

One 24-inch loaf crusty french bread, halved lengthwise and crosswise (or buy 2 smaller loaves to yield 4 individual foot-long sections)

- 2 cups shredded gruyère or fontina val d'aosta cheese (from a 10-ounce brick)
- 1/2 cup grated parmigiano-reggiano cheese

Preheat the oven to 325°. In a large skillet, heat the EVOO, 3 turns of the pan, with the anchovies over medium heat until the anchovies are melted. Add the onions and garlic; season with the thyme, oregano and pepper. Increase the heat a bit and cook the onions, stirring frequently, until light caramel in color, about 20 minutes; season with salt.

Meanwhile, toast the bread on a baking sheet in the oven for 8 to 10 minutes.

Preheat the broiler. Top the toasted bread evenly with the onions and 2 cheeses. Brown under the broiler for 1 to 3 minutes.

# Lazy Cooking IDI: Roasted Ratatouille with Honey Polenta

### **SERVES 4**

- 1 medium, firm eggplant, cut into a bite-size dice
- 2 small, firm zucchini, cut into a bite-size dice
- 4 plum tomatoes, chopped
- 1 large red onion, chopped
- 1 cubanelle chile pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped

liberal drizzling

4 cloves garlic, crushed or sliced A few sprigs thyme, chopped A few sprigs rosemary, chopped EV00 (extra-virgin olive oil), for

Salt and pepper

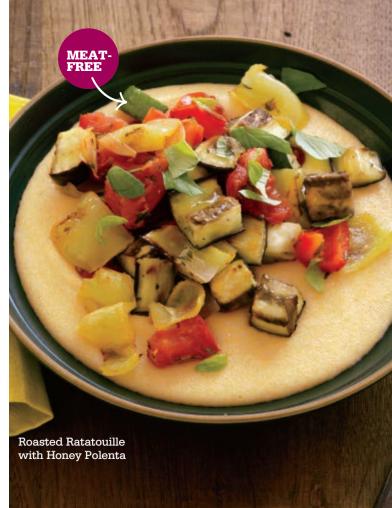
- $1\frac{1}{2}$  cups whole or 2 percent milk
- 11/2 cups chicken or vegetable stock
- 1 cup quick-cooking polenta
- 1/3 to 1/2 cup grated parmigiano-reggiano cheese (a couple of scant handfuls)
- 2 tablespoons honey
- 2 tablespoons butter
- A handful fresh basil, thinly sliced or torn

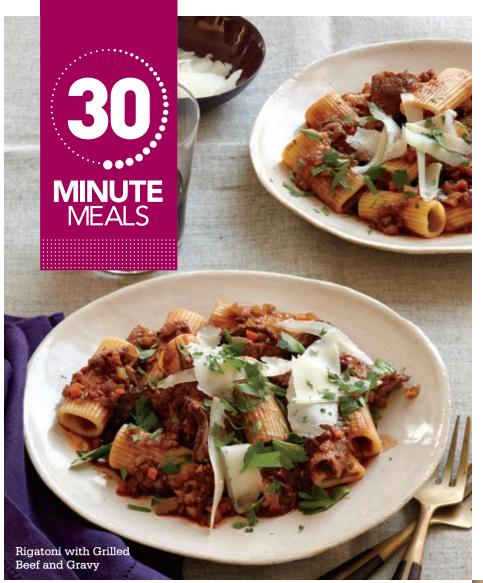
Preheat the oven to 450°. Add the eggplant, zucchini, tomatoes, onion, chile pepper, bell pepper, garlic, thyme and rosemary to a rimmed baking sheet as you chop them. Drizzle with enough EVOO to coat (about ¼ cup); season liberally with salt and pepper. Roast until just tender, 18 to 22 minutes.

Meanwhile, in a large saucepan, heat the milk and chicken (or vegetable) stock. Whisk in the polenta and cook, stirring, until creamy and thick, 2 to 3 minutes. Turn off the heat and stir in the cheese, honey and butter; season with salt and pepper.

Serve the ratatouille on a bed of the polenta and top with the basil.







# Sloppy Maple-BBQ Turkey Joes

### **MAKES 8 SLOPPY SAMMIES**

- I tablespoon EVOO (extra-virgin olive oil)
- $1\frac{1}{2}$  pounds ground turkey or ground turkey breast
- 1 tablespoon poultry seasoning (a scant palmful)

## Salt and pepper

- 1 small red bell pepper, chopped
- 1 small onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup tomato sauce
- 1/4 cup dark amber pure maple syrup About 3 tablespoons soy sauce

About 2 tablespoons cider vinegar About 2 tablespoons brown sugar

- I rounded tablespoon dijon mustard
- soft burger rolls, split

Shredded cheddar or pepper jack cheese, chopped scallions and chopped pickles, for topping

In a large skillet, heat the EVOO, 1 turn of the pan, over medium-high heat. Add the turkey and season with the poultry seasoning, salt and pepper. Cook until browned, then stir in the bell pepper, onion and garlic and cook until the vegetables are tender, 5 to 6 minutes. In a bowl, stir together the tomato sauce, maple syrup, soy sauce, vinegar, brown sugar and mustard. Pour the sauce over the meat and simmer over medium-low heat for a few minutes to combine the flavors. Serve the sloppy turkey on the rolls with the toppings.

# Rigatoni with Grilled Beef and Gravy

### **SERVES 4**

2 flatiron steaks (1 pound total), at room temperature

Salt and coarse black pepper

- 2 tablespoons EV00 (extra-virgin olive oil), plus more for drizzling
- 1 pound rigatoni pasta
- 1 small onion, finely chopped
- 1 small rib celery, finely chopped
- 1 small carrot, finely chopped

3 to 4 cloves garlic, finely chopped

- 2 small sprigs rosemary, finely chopped
- 2 tablespoons tomato paste About 1½ cups beef stock ½ cup dry red wine

About ½ tablespoon worcestershire sauce Shaved pecorino-romano cheese

1/2 cup chopped flat-leaf parsley

Season the steaks liberally with salt and pepper. Preheat a large cast-iron skillet or griddle over high heat. Drizzle the steaks with EV00 and cook, turning once, for 8 to 10 minutes for pink centers. Let the meat rest until cool enough to handle, then slice very thinly on a diagonal.

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving a cup of the pasta cooking water.

Meanwhile, in a large skillet, heat 2 tablespoons EVOO, 2 turns of the pan, over medium-high heat. Add the onion, celery, carrot and garlic; season with the rosemary, salt and pepper. Cook until the vegetables are softened, 5 to 6 minutes. Stir in the tomato paste for 1 minute to wake up the aroma and flavor. Stir in the beef stock, wine and worcestershire; lower the heat and simmer.

Drop the sliced meat into the gravy, then add the pasta with a splash of the reserved pasta water to combine. Serve in shallow bowls and top with a drizzle of EVOO, the cheese and parsley.







# MY MARKET'S HIT OR MISS WITH FRESH HERBS. WHAT'S A GOOD RULE OF THUMB FOR USING DRIED INSTEAD OF FRESH?

In general, use one-third the amount of dried herbs to replace chopped fresh. So if a recipe calls for 1 tablespoon chopped fresh thyme, use 1 teaspoon dried. To release the most flavor, add dried herbs toward the beginning of cooking. One caveat: Cilantro, basil and parsley are so tender and delicate, they lose their flavor when dried. If you don't have these fresh leaves on hand, just omit them and add more salt and pepper for flavor. -Diana stargis, test kitchen director

# O Do I really need to let meat rest before slicing and serving it?

You should. When meat is hot, its proteins are tight, and all the juices get pushed to the middle. Letting the meat rest for a few minutes allows the proteins to relax (which makes it more tender) and evenly distributes the juices. Resting time depends on meat size: A whole turkey might need 20 minutes, while a steak that serves two will only need 8 to 10 minutes. If you're worried about it getting cold during that time, keep it warm by loosely tenting it with foil. —Diama

# I USUALLY COOK BONELESS CHICKEN BREASTS, BUT I'VE HEARD THAT BONE-IN CHICKEN BREASTS TASTE BETTER. IS THAT TRUE?

It's true! Any meat that's cooked on the bone is going to be juicier and more flavorful. But there's a catch: Bone-in cuts of meat can take twice as long as boneless to cook. So if you're crunched for time during the busy week, boneless chicken and chops are the smart choices.

-Tracey Seaman, test kitchen director

# Q Rachael's recipes often say you should reserve some pasta cooking water to use in the sauce Can't I just use regular water?

Not really. The cooking water has starch in it from the pasta. When you add it to sauce, the sauce thickens and clings better to the pasta. To reserve some, use a ladle or dunk a glass measuring cup in the pot before you strain the pasta. Mix it into your sauce a few tablespoons at a time until you're happy with the consistency. –Katie Barreira, senior test kitchen associate

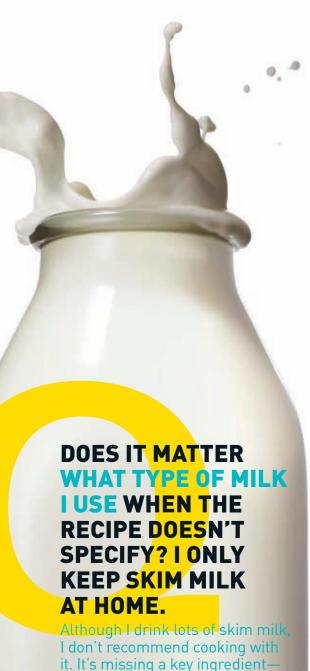
# O I can't always find parmigianoreggiano cheese at my grocery store. What Other cheeses can I use instead?

You can use another hard, aged cheese that's good for grating. In the test kitchen, we love grana padano, which is cheaper, milder and melts a bit easier than parmigiano-reggiano; asiago, which is sharp yet buttery; and pecorino-romano, which has a more pungent flavor. And last, a shopping tip from Rach: If you see parmesan cheese in your grocery store, make sure the word "reggiano" is on the label—this means it's an authentic Italian cheese (otherwise, it's imitation, and nowhere near as delicious!). –Kafie

# O I've heard that most home cooks Only need a few Kruves. What should I buy?

The single most important one is a chef's knife (between 8 and 12 inches long). It will be your workhorse: You'll use it to chop onions, smash garlic, halve melons...you name it. Next up is a serrated knife, which uses a sawing motion to cut through delicate foods like tomatoes and bread without smashing them. Last, buy a paring knife for all those handheld tasks, like hulling strawberries and taking eyes out of potatoes.





fat!—that affects the flavor and

texture of a dish. If the recipe

doesn't otherwise specify, use

whole milk: It will make baked

goods moist and sauces silky.

-Tracey

# Any advice on how to keep dishes warm and get everything on the table at the same time when you're cooking for a big group?

If I'm expecting a crowd, I take the stress off myself by serving some room-temperature or cold dishes, like roasted veggies or salads. Any hot dishes that won't dry out (mashed potatoes or a pasta bake, for example) go in a warm oven or in a double boiler on the stovetop (a good option if you don't have a lot of oven space); this lets me focus on items that need to be served piping hot, like gravy. Also, put empty plates (if they're oven-safe) in the oven for a few minutes before dinner. Food stays hot longer on a warm plate! —Tracey

# O Saffron is pricey, but Rachael uses it in many of her recipes. Any suggestions for a substitution?

It's worth the splurge—nothing else resembles the lightly mineral flavor of saffron. Plus, a little goes a long way, and it will keep for months. In a pinch, you can use turmeric (which has a harsher taste) to give your dish a yellow hue.

# O My mother always had a jar of pre-minced garlic in the fridge, so I've never cooked with fresh garlic. Does it really taste that different?

Yes! Please give fresh garlic a try—it's one of Rach's favorite ingredients, and with good reason. Garlic starts to lose flavor and texture once it's chopped; fresh whole garlic, meanwhile, is protected by its outer skin, so it's more delicious (and nutritious). Rach has lots of time-saving tips for prepping garlic: If you lightly smash a clove with the flat part of a knife, the skin will come right off. Then toss it in your olive oil while you sauté, run it around the inside of a salad bowl before adding greens, or rub it on toast (yum!). If a recipe calls for finely chopped, scrape the clove along a fine-mesh grater (just watch your fingers). –Kafie

# QI can't find arugula at my local grocery store. Do you have any other recommendations for salads and sides?

Arugula has small, tender leaves and a peppery flavor; I'd say that watercress comes closest. Dandelion greens would also work, but I'm guessing they'll be harder to find than arugula! You can mix it up—most any dark, leafy green will do.—Diana

# WHAT DISHES SHOULD GO IN THE MIDDLE OF THE OVEN AND WHAT SHOULD I PUT ON THE LOWER RACK?

Roasted veggies, casseroles and other dishes that you want to be golden-brown on top should go on the highest oven rack, while items that you want to brown on the bottom, such as pizza, should be placed on the lowest rack. Cookies, bread and other baked goods do best in the middle of the oven to get the most even heat. (Tip: Rotate the pans to avoid overbrowning if your oven has hot spots.) -Tracey

# O Meat always sticks to the pan when I try to sear it. What am I doing wrong?

Chances are you're not letting your pan get hot enough, so your meat isn't caramelizing—which means it's sticking to the pan because it's not getting a golden-brown crust. Heat a large, heavy skillet over medium-high heat for at least five minutes. (Don't use a nonstick pan for this purpose; because it has a special coating, it shouldn't be preheated when empty.) Then pour in some oil; as soon as it starts to shimmer, add your meat in batches (to avoid overcrowding the pan). It'll be tempting to move the meat around or lift it to see how it's doing, but the secret to a nice sear is to leave it undisturbed for at least two minutes per side. —Diana

# Q I hate onions!

# Can I just leave them out when cooking, or is there something else I can use that will give me the same texture?

If onion is the main ingredient in a dish—an onion tart, for example—I wouldn't bother making the recipe, because there isn't another ingredient that comes close to the exact taste and texture of an onion. But if you're cooking something like chili, where onion is used as an aromatic—the backbone or base flavoring of a dish—you can sauté other aromatics instead, such as celery, fennel, carrots or garlic.—Katie

# Q Can I leave wine out of a recipe?

Yes, you can just use the same amount of whatever other liquid the recipe calls for. If you're making risotto, for example, add more chicken broth or water. If there aren't other liquids in the dish, replace the alcohol with a splash of something acidic, like lemon juice or cider vinegar. [If there's cream in the recipe, however, it will curdle, so in those cases just omit the liquid altogether.] —Tracey

# O If a recipe calls for coarse salt, can I just use table salt?

No. Table salt grains are a lot smaller than coarse salt grains—so a teaspoon of table salt is a lot more potent than a teaspoon of coarse salt. You don't have to invest in fancy sea salt; kosher salt is an affordable coarse type that works well in most recipes. If you only have table salt handy and the recipe calls for coarse, start by putting in half as much table salt, and taste the dish from there.—Tracey

# I WOULD LIKE TO DO MORE DEEPFRYING BUT HATE THROWING OUT ALL THAT OIL. CAN I REUSE IT?

If you fried something with a strong flavor, like fish, toss it. Otherwise, you can generally use deep-frying oil up to three times. Let it cool in the pan, then pour it into a container. If there's sediment in the oil (like bits of fried food), pour it through a finemesh strainer. Each time you fry with the oil, it will darken. Once it's two or three shades darker or starts to develop a rancid, "off" smell, discard it. (But don't pour it down the sink, because it can clog your pipes!) - Katte

# Q Can I reuse my parchment paper?

Yes, you can usually reuse it at least once. Eventually it will dry out—when it starts to darken, toss it. —Diana

# WHEN A RECIPE CALLS FOR JUST BUTTER, SHOULD I USE SALTED OR UNSALTED?

When baking, you generally want to use unsalted butter. I usually prefer cooking with unsalted butter, too—it gives me more control over how salty the final dish tastes, since I'm adding all the salt myself. That said, I love having salted butter at the table to spread on fresh bread! - Tracey



# O When I make hot SOUP in the blender, it splatters everywhere. Help!

To keep splattering to a minimum, put the solid ingredients in first and add just a bit of liquid. Blend everything together, then pour the rest of the liquid through the lid opening in a slow stream while the blender runs on low speed. Make sure you don't overfill the blender. The best thing to do is work in batches. The same goes for your food processor, which does a nice job of pureeing. –Katie

# O What cooking staples can be Kept in the freezer?

Freeze chicken stock and pesto in ice cube trays—then just pop them out to use in soups and sauces. Nuts stay fresh longer in the freezer and defrost quickly. And I always have a loaf of bread for breadcrumbs. —Tracey

# O Nutwey looks like a nut—do I have to remove its shell?

No, just rub it on a grater to get the fragrant spice. Rach uses it in everything from waffles to pasta! – Katie



# portobello au poivre Filet mignon fans will recognize the classic French sauce of cognac and peppercorns driz over these mea portobello " (which are a good source of potassium).

# Finally, vegetables are having their day in the sun.

More and more of us are shopping for fresh (and local) produce and cutting meat from our diets at least one day a week. The benefits: a lower risk of disease, a softer hit on our wallets, and the virtuous feeling we get from helping the planet. What might be news (especially to you dedicated carnivores out there) is how delicious and filling vegetarian meals can be. We've created eight hearty, flavorful dinners that will convert any meat lover into a "sometimes vegetarian." They'll have you counting the days until Meatless Monday comes back around.

# Portobello Medallions au Poivre

Serves 4 PREP 15 MIN COOK 25 MIN
Serve with whole grain egg noodles
and green beans.

- 2 tablespoons flour Salt and pepper
- 6 tablespoons extra-virgin olive oil
- 8 large portobello mushroom caps (about 2 pounds total), stemmed and gills scraped out
- 1 bunch scallions, thinly sliced
- ½ cup cognac or brandy
- 1 tablespoon brine-packed green peppercorns, drained
- 1 teaspoon vegetable bouillon base
- 1/2 cup heavy cream
- 2 teaspoons dijon mustard
- 1. In a large, resealable plastic bag, combine the flour and ¼ teaspoon each salt and pepper. In an extralarge skillet, heat 3 tablespoons olive oil over medium heat. Rinse half of the mushrooms quickly and shake in the bag of seasoned flour, then add to the pan and cook, turning once or twice, until golden, 6 to 7 minutes. Transfer to a plate. Repeat with the remaining mushrooms and 3 tablespoons olive oil.
- Add the scallions to the pan, lower the heat to medium-low and cook, stirring, for 1 minute. Carefully pour in the cognac, simmer until nearly evaporated, then stir in the peppercorns, bouillon base and 1 cup water. Bring to a simmer, then stir in the cream and mustard. Return the mushrooms to the pan and simmer, turning the mushrooms occasionally, until the sauce is thickened, about 3 minutes. Transfer the mushrooms to serving plates and continue to simmer the sauce until thick enough to coat the back of a spoon, about 3 minutes; season with salt and pepper. Spoon the sauce over the mushrooms.

# meatless mains

### Chicken-Fried Tofu

SERVES 4 TO 6 PREP 35 MIN (PLUS SOAKING) COOK 20 MIN

- cup raw cashews
- teaspoons fresh lemon juice
- 4 cloves garlic

Salt and pepper

- bunches broccoli, cut into long spears
- cups plus 1½ tablespoons vegetable oil
- cup flour
- cup cornstarch
- teaspoons ancho chile powder
- teaspoon baking soda
- cup seltzer, room temperature

Two 12.3-ounce packages firm silken tofu, each piece cut crosswise into 6 slices

1. In a bowl, combine the cashews and 11/2 cups water; let soak for 2 hours. Using a blender, puree the cashews, <sup>2</sup>/<sub>3</sub> cup soaking water, the lemon juice, ½ clove garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper. Transfer to a bowl. 2. Preheat the oven to 450°. Place the broccoli on a baking sheet. Grate the remaining 31/2 cloves garlic

on top. Drizzle with 1½ tablespoons oil; season with salt and pepper. Toss and spread evenly. Bake until beginning to brown, 12 minutes. 3. In a medium bowl, whisk together

34 cup flour, the cornstarch, chile

powder, baking soda, 34 teaspoon salt and 1/2 teaspoon pepper. Place the remaining 1/4 cup flour in a shallow bowl. 4. In a 4-quart saucepan, heat the remaining 6 cups oil over medium heat until it registers 360° on a deep-fry thermometer. Whisk the seltzer into the chile-seasoned flour. Coat the tofu slices, 1 piece at a time, in the plain flour, then dip in the seltzer batter. Using a fork, and working in batches, add the tofu to the hot oil and cook until golden-brown and crisp, 1 to 2 minutes. Using a slotted spoon, transfer to paper towels to drain. Transfer to plates and drizzle the cashew gravy on top; serve the

### Vegetable Shepherd's "Pies"

SERVES 6 PREP 45 MIN BAKE 20 MIN

- pounds red-skinned potatoes, thinly sliced
- ½ cup extra-virgin olive oil Salt and pepper
- small beet (about 4 ounces)peeled, shredded and squeezed dry in paper towels
- carrots, finely shredded (about ¾ cup)
- scallions, thinly sliced
- 2/3 cup cooked brown rice

Two 15-ounce cans lentils, rinsed

- 3/4 cup crushed unsweetened brown
- cup hulled sunflower seeds, toasted
- tablespoons ketchup
- cup frozen peas, thawed



- 2. Position a rack in the center of the oven and preheat to 425°. Line a baking sheet with parchment. In a large nonstick skillet, heat 1½ tablespoons olive oil over medium heat. Add the beet, carrots and scallions to the pan and cook, stirring occasionally, until softened, about 5 minutes. Transfer to a large bowl and add the rice, lentils, rice cereal, sunflower seeds and ketchup. Mash with your hands until it resembles a meatloaf mixture. Season with salt and pepper, then shape into six 3½-inch patties.
- 3. Using the same skillet, heat 2 tablespoons olive oil over medium heat. Add half of the patties and cook, turning once, until browned, 6 to 8 minutes. Transfer to the prepared baking sheet; repeat with the remaining patties.
- 4. In a small bowl, toss the peas with salt, pepper and 1½ teaspoons olive oil. Divide the mashed potatoes into 6 portions. Shape each portion into a mound, form a well in the center and place on top of the patties. Fill each well with some of the peas. Bake until hot, about 20 minutes. Drizzle with the remaining 1 tablespoon olive oil.

### **Stuffed Eggplant Steaks**

SERVES 4

PREP 45 MIN (PLUS COOLING) COOK 25 MIN

Two 1½-pound eggplants, peeled Salt and pepper

Two 5-ounce bags baby spinach

1/4 cup fresh ricotta cheese

1/4 cup extra-virgin olive oil Four ½-inch-thick slices ciabatta bread

- 1 clove garlic, halved lengthwise
- 1½ cups shredded smoked mozzarella cheese (about 6 ounces)
- 3/4 cup chunky marinara sauce, warmed
- 1. On a work surface, trim ¼ inch off each side of 1 eggplant to make a big block, then peel off the remaining skin and halve lengthwise to make 2 thick steaks; repeat with the other eggplant. Lay 1 steak flat and, using a sharp knife, cut a deep, horizontal pocket into the center of one of the long sides, taking care not to cut through the other three sides. Repeat with the remaining steaks. Sprinkle all over with 2 teaspoons salt, then let stand in a colander for 30 minutes.

  2. Meanwhile, in a large saucepan, bring 1 inch water to a boil. Add the

- spinach and cook until wilted, about 2 minutes. Drain, rinse with cold water, then squeeze out the moisture. Chop, then place in a bowl; stir in the ricotta and ¼ teaspoon each salt and pepper.

  3. Preheat a grill pan over medium
- 3. Preheat a grill pan over medium heat. Pat the eggplant dry and brush with 2 tablespoons olive oil; transfer to the grill pan. Cover with foil and cook, turning once, until golden and tender, about 15 minutes. Transfer to a work surface and let cool for 15 minutes.
- 4. Meanwhile, toast the ciabatta, then brush the cut sides with the remaining 2 tablespoons olive oil and rub with the halved garlic clove. Cut the bread into ½-inch cubes and place in a medium bowl; add the mozzarella and toss.
- 5. Position a rack in the upper third of the oven and preheat to 400°. Line a baking sheet with parchment. Stuff one-quarter of the spinach mixture into the pocket of each eggplant steak. Transfer to the baking sheet. Spoon the marinara over the stuffed eggplant steaks. Top with the ciabatta-cheese mixture, mounding it with cupped hands. Bake until the cheese is melted and the bread is golden, about 10 minutes.





### Sweet 'n' Spicy Potato Ravioli

SERVES 4 PREP 30 MIN COOK 1 HR

- 4 small sweet potatoes, pricked
- 1 stick (4 ounces) butter
- 2½ tablespoons pure maple syrup
- 1/4 cup hulled pumpkin seeds
- 1/4 cup chopped flat-leaf parsley Salt

Twelve 6-inch egg roll wrappers

- 1 tablespoon finely chopped chipotle chiles in adobo sauce
- 1 teaspoon vegetable bouillon base
- ½ cup crumbled queso fresco
- 1. Preheat the oven to 425°. Place the potatoes on a baking sheet; bake until soft, 45 minutes. Let cool, then peel.
- 2. In a skillet, heat ½ tablespoon each butter and maple syrup over mediumhigh heat. Add the pumpkin seeds and toast until beginning to pop, 3 to 5 minutes; transfer to a plate. Using the same pan, melt 1½ tablespoons butter over medium heat; add the parsley and cook, stirring, until crisp, 5 minutes. Drain on paper towels.
- 3. Using a food processor, puree the sweet potato, 2 tablespoons butter, the remaining 2 tablespoons maple syrup and ¼ teaspoon salt. Lay out the egg roll wrappers. Top each with 3 tablespoons of the puree in a line down the center. Moisten the edges with water, fold in half, press out the air and seal. Transfer to a parchment-lined baking sheet in a single layer.
- 4. In a large pot of boiling, salted water, melt 1 tablespoon butter. Add half of the ravioli and cook until tender, 3 minutes. Using a slotted spoon, transfer to a bowl of ice water to cool. Repeat with the remaining ravioli. Reserve 1 cup of the cooking water.
- 5. In an extra-large nonstick skillet, melt the remaining 3 tablespoons butter over medium-low heat. Add the chipotles and cook for 1 minute; whisk in the reserved pasta cooking water and the bouillon base. Working in 2 batches, transfer the ravioli to the skillet and cook over medium heat until heated through, 2 minutes. Divide the ravioli and spicy butter among 4 plates; sprinkle with the cheese, parsley and pumpkin seeds.



### Roasted Vegetable Pizza

SERVES 4 TO 6 PREP 20 MIN COOK 40 MIN

- bulbs fennel-trimmed, quartered and thinly sliced
- small red onion, thinly sliced
- pound thin asparagus, cut crosswise into 11/2-inch pieces
- 1/4 cup extra-virgin olive oil Salt and pepper
- cloves garlic, smashed One 15-ounce can cannellini beans, drained, 1/4 cup liquid reserved
- pound whole grain pizza dough, at room temperature
- 1. Position racks in the top and bottom thirds of the oven and preheat to 500°. On a large baking sheet, combine the fennel, onion, asparagus, 11/2 tablespoons olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper; spread out evenly on the baking sheet. Roast on the top rack of the oven until tender, 12 to 15 minutes. Transfer to a plate.
- 2. Meanwhile, in a small saucepan, heat 2 tablespoons olive oil over low heat; add the garlic and cook until golden, 2 to 3 minutes. Transfer to a food processor along with the beans and bean liquid; puree until smooth. Season with salt and pepper.
- 3. Add the remaining 1½ teaspoons olive oil to the baking sheet. Add the dough and, using oiled hands, press and stretch to fill the pan. Bake on the bottom rack for 8 minutes. Quickly spread the bean puree evenly over the dough. Scatter the vegetables on top, season with salt and pepper and bake until the crust is crisp, 8 minutes.



This healthy take on mac and cheese uses barley (a whole grain that can help control hunger), plus antioxidant-rich tomatoes and sugar snap peas.

### Tex-Mex Barley Bake

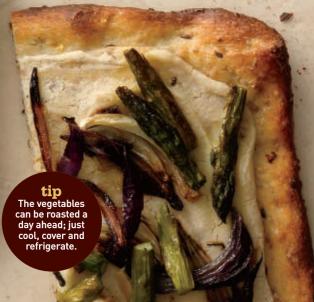
SERVES 6 TO 8 PREP 55 MIN BAKE 35 MIN

- <sup>2</sup>/<sub>3</sub> cup pearled barley
- tablespoons butter
- cups sugar snap peas
- bunch scallions, thinly sliced
- cups frozen corn, thawed One 15-ounce can black beans, rinsed
- cup grape tomatoes, halved
- tablespoons flour
- 21/4 cups milk, warmed
- cups shredded pepper jack cheese (about 12 ounces)
- Salt and pepper
- cups crushed tortilla chips
- 1. In a small saucepan, bring 3 cups water to a boil; add the barley, lower the heat and simmer for 40 minutes. Drain, transfer to a bowl and let cool. Reserve the saucepan.
- Meanwhile, position a rack in the upper third of the oven and preheat to 425°. In a large skillet, melt

- 1 tablespoon butter over mediumhigh heat; add the sugar snap peas, scallions and ½ cup water. Boil to evaporate the water. Stir into the barley with the corn, black beans and tomatoes.
- 3. Using the same saucepan, melt the remaining 3 tablespoons butter over medium heat. Whisk in the flour for 1 minute; slowly whisk in the warmed milk and bring to a simmer, then cook for 1 minute more. Stir in 2 cups cheese, 1 teaspoon salt and 1/4 teaspoon pepper. Stir this into the barley mixture; transfer to a shallow 3-quart baking dish.
- 4. Cover with foil and bake for 18 minutes. Sprinkle the chips and remaining 1 cup cheese on top. Bake, uncovered, until the cheese is melted and the chips are toasted, 10 to 15 minutes.

web

For over 150 meatless main dishes, visit rachaelraymag .com/march





# MAKE PASTA NIGHT EXTRA DELICIOUS, WITHOUT EXTRA EFFORT.



### Chicken & Broccoli Alfredo

Prep: 10 min. Cook: 20 min. Makes: 4 servings

1/2 of a 16 oz. pkg. linguine

- 1 cup fresh or frozen broccoli florets
- 2 tbsp. butter
- 1 lb. skinless, boneless chicken breasts, cut into 11/2" pieces
- 1 can (10¾ oz.) Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request)
- ½ cup milk
- ½ cup grated Parmesan cheese
- 1/4 tsp. ground black pepper
- 1. Prepare linguine according to package directions in 3-qt. saucepan. Add broccoli during last 4 min. of cooking time. Drain linguine and broccoli well in colander.
- 2. Heat butter in 10" skillet over medium-high heat. Add chicken and cook until well browned, stirring often.
- 3. Stir soup, milk, cheese, black pepper and linguine mixture into skillet. Cook until mixture is hot and bubbling. Serve with additional Parmesan cheese.



It's amazing what soup can do.™

THE GIRL

WITH THE DRAGON

TATTOO

STIEG

LARSSON

KNOPF

every day parties
5 Ways to a
Better Book Club

THE GIRL WITH

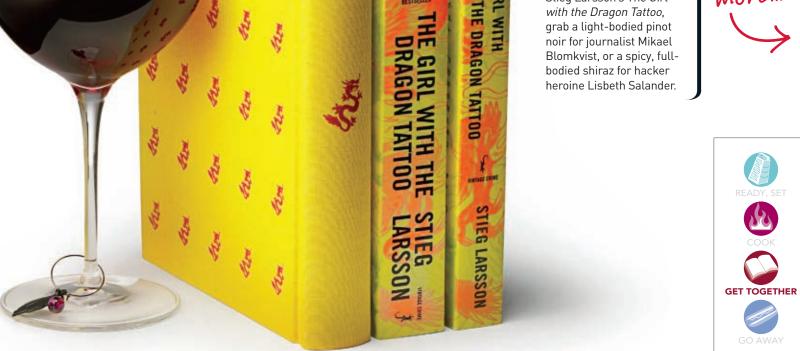
Read 'em and eat! Turn your next meeting into an all-out party.

BY ASHLEA HALPERN

# Here's to books!

At your next gathering, challenge members to bring a bottle of wine that represents the personality of a character in the book you'll be discussing. For Stieg Larsson's The Girl with the Dragon Tattoo, grab a light-bodied pinot noir for journalist Mikael Blomkvist, or a spicy, fullbodied shiraz for hacker heroine Lisbeth Salander.





PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY VICTORIA GRANOF; PROP STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

# \*\*TUESDAY\*\* AFTERNOON



THE WARM, SATISFYING SNACK THAT MAKES THE ORDINARY EXTRAORDINARY



# every day parties BUILD A BETTER BOOK CLUB...

# 9 10 11 12 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

### pick a day to remember

Most groups meet once a month for two to three hours and discuss one book per meeting. If you're tackling something ambitious (like Gravity's Rainbow by Thomas Pynchon), split the discussion into two sessions. A set schedule (say, the first Monday of every month) will help members plan ahead.



# encourage coziness

Clear off a coffee table, set out chairs and curb squirming with pillows. Serve snacks related to the book, say Judy Gelman and Vicki Levy Krupp, authors of The Book Club Cookbook. For instance, try king cake for John Kennedy Toole's A Confederacy of Dunces, set in New Orleans.



# take a field trip

384 12/17/2019

Resist a living-room rut: Further discussion by watching a book's movie adaptation or seeing the stage version. Visit a relevant museum exhibit or a place mentioned in the book, like a racetrack if reading Laura Hillenbrand's Seabiscuit. At bookclubcookbook.com. clubs can arrange a free chat—either in person or via speakerphone—with the authors of select titles.



# speak up

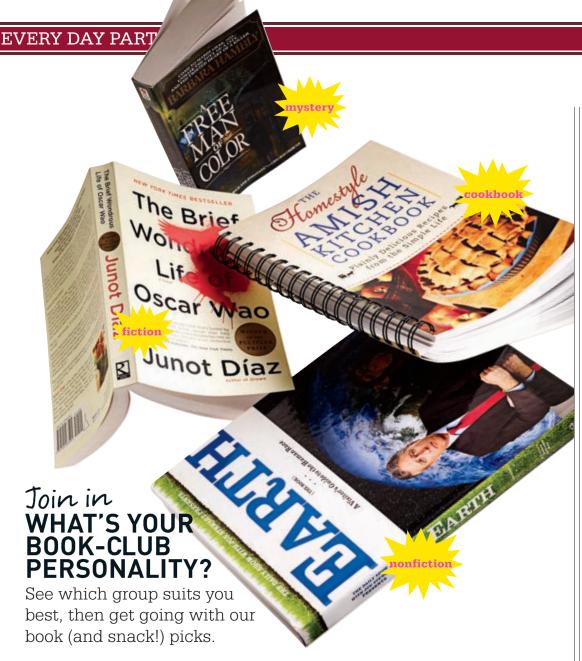
Book club should work like a democracy: Everyone gets a voice. Kathryn Popoff, vice president of trade book merchandising for Borders, suggests having members take turns leading discussion. Come prepared: Many publishers post free reading guides online, as do fan sites for popular authors like Jane Austen and Stephenie Meyer.

# how to **PICK A PAGE-TURNER**

Not sure where to start? Try working through the New York Times' best-seller list, reading whatever Oprah is fancying, or checking out the books trending on Amazon. You can also try titles wellreviewed on goodreads .com, NPR, and in Bookforum (bookforum .com) and The New York Review of Books (nybooks.com). After a few rounds, you'll see which recommendations resonate with the gang.

# Check out GREAT READS ABOUT READING!

John Mullan's *How* Novels Work, which dives into modern works like Zadie Smith's White Teeth, is an indispensable resource for clubbers seeking fresh. borderlinejournalistic methods for dissecting books. Chronicle Books' The Ultimate Book Club Organizer: A Planner for Your Reading Group may also come in handy: It allows users to track the books they're reading, and includes a calendar and reminder slips for upcoming club meets.



### fiction

No wonder the most common book clubs—like those themed around sci-fi, romance or the Brontë sisters—all fall under the fiction banner: It's fun to analyze characters, plot and literary devices. Try starting with established tomes, like winners of the Nobel, Pulitzer and PEN/Faulkner prizes.

read this The Brief Wondrous Life of Oscar Wao by Junot Díaz serve this Channel the Pulitzer-winning novel's Dominican setting by cooking mangú, a dish made with plantains, and, for dessert, arroz con leche (rice pudding).

### nonfiction

Creative nonfiction can inspire debate on a multitude of topics, from philosophy to social issues, or it can just be playful fun (see our pick). Start with prompts like these: Did the author make a balanced argument? Was the evidence convincing? Why is this book culturally significant?

read this Earth (The Book): A Visitor's Guide to the Human Race by Jon Stewart and the writers of The Daily Show serve this While you're cracking up over Jon Stewart's jokes, pass around a platter of organic fruit and veggies.

### cookbook

The most delicious books of all! Split chapters among members and ask everyone to bring his or her favorite dish from that chapter for a book-club potluck. Mix up cuisines and genres (baking, vegetarian) to keep things lively—and add in the occasional food memoir (like Kim Severson's Spoon Fed).

read this Georgia
Varozza's The Homestyle
Amish Kitchen Cookbook
serve this Varozza's
baked chicken and
apples. (Need more
ideas? Check out our
Cookbook of the Month
Club on page 18.)

### mystery

There's nothing like a juicy whodunit to keep club members guessing. Try hosting a meeting before everyone has finished reading the book, and take guesses as to how it'll end. The winner gets to pick the next book!

**read this** Barbara Hambly's *A Free Man* of Color

serve this Gelman and Krupp recommend this idea from one of their bookclubcookbook.com groups: They discussed this book—set during Mardi Gras in the 1830s—over sweet potato-pecan pie and pecan-flavored coffee.

# get ready FOR A GREAT DISCUSSION!

### Focus on the narrator first.

That's what Erin Mackie, chair of the English department at Syracuse University, suggests. "Try asking, 'Who is the narrator? Is the narrator a character in the book?'" she says. The answers will inform your discussion.

### Dig into the characters.

Next, think about the book's key players. Did you like them? Were you supposed to? Whom did you identify with most, and why? These questions "help people relate to the characters on a human level," Mackie says.

### Do a background check.

Consider the historical context. "Ask, 'When was this book published, and was it controversial at the time?'" Mackie says. It'll make the book more compelling—especially if it seems tame by today's standards.

### See what critics are saying.

It sometimes helps to read others' opinions before articulating your own. Mackie suggests circulating well-written book reviews, then asking members whether they agree or disagree.

# O O YEEN VOUR BOOKS

Once your club has finished a book, box up everyone's copies and ship them to a nearby hospital, school or women's shelter so that others can enjoy them as much as you did.

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### Creating family crowd-pleasers

Turn pasta night into "Thank You" night by cooking with Johnsonville Italian Sausage instead of ground beef or chicken. Visit **johnsonville.com** for easy recipe ideas and money-saving coupons.







# OLAY

# Look Good, Feel Great

On October 21, 2010, Olay joined *Every Day with Rachael Ray* at the Gretta Luxe Boutique in Boston to host an evening of pampering, shopping and savings. Attendees enjoyed an exclusive 20% shopping discount, mini manicures, chair massages, skin consultations and skin treatments with Olay Regenerist Micro-Sculpting Serum. Plus, they were served cocktails and hors d'oeuvres and went home with a great gift bag from *Every Day with Rachael Ray*.



# 2010 Chex® Party Mix Recipe Contest Winner Announced!

Congratulations to Karen F. of Tulsa, OK—\$5,000 grand prize winner with her sizzling Chex® Cajun Kick mix recipe! And thanks to everyone who voted and helped Chex® donate \$25,000 to Feeding America!

### Chex® Cajun Kick

Start to Finish: 15 Minutes, 24 servings (½ cup each)

### Ingredients:

- 2 cups Corn Chex® cereal
- 2 cups Rice Chex® cereal
- 2 cups Wheat Chex® cereal
- 2 cups bite-size pretzel twists
- 2 cups mixed nuts
- 1/3 cup butter or margarine
- 2 tablespoons Creole seasoning
- 1 teaspoon red pepper sauce

### **Preparation Steps:**

- **1.** In large microwavable bowl, mix cereals, pretzels and nuts.
- 2. In 2-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Stir in Creole seasoning and pepper sauce. Pour over cereal mixture; stir until evenly coated.
- **3.** Microwave uncovered on High 6 minutes, stirring every 2 minutes. Spread on waxed paper or foil to cool. Store in airtight container.

Tip: To ease the load of last-minute prep, make the mix up to 2 weeks ahead and store in an airtight container.

For more recipes, visit ChexPartyMix.com.

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# **START WITH DRINKS!**

Guests might be used to bringing over wine, but teaching them to make a killer cocktail starts the evening off on a playful note. Michael sets out the mixers and ingredients on the counter, then lets friends pour and shake away. "Cooking should be fun and very low-pressure," he says. "So once people arrive, we make a cocktail and chill for a little bit—then get to work."

Passion Fruit Fizz Sour MAKES 1 DRINK

Muddle 3 fresh mint leaves in a cocktail shaker. Add 3 ounces vodka, 1 ounce frozen passion fruit puree (thawed), the juice of ½ lime, 1 egg white\* and enough ice to fill the shaker. Shake vigorously for 1 to 2 minutes. Strain into a glass and top with 2 ounces chilled champagne or sparkling white wine.

\*To reduce the risk of salmonella, use a pasteurized egg.

# "Making a unique mixed drink or dish can be slightly scary for some people. By doing it together, you're saying to them, 'Look how easy it is!"

# TAG-TEAM THE TASKS!

While it's the host's job to provide plenty of cutting boards and cooking tools, each guest can tackle a part of the menu, like rolling the asparagus in carpaccio. Michael's only rule: Eat while you work! "Nibbling is the greatest part of dinner," he says. Choose dishes you can eat with your hands, or buy extras of finger-friendly ingredients like cheese and veggies to snack on during prep. While Michael and Liz start on the main course, their friends find their groove with the appetizers.





### Carpaccio-Wrapped Asparagus SERVES 6

In a bowl, combine ¼ cup finely chopped flat-leaf parsley, the grated peel of 1 lemon and 1 finely chopped large garlic clove. In a pot of boiling water, cook 12 asparagus stalks until crisp-tender, about 1 minute. Using tongs, transfer to a large bowl of ice water; drain and pat dry. Place 12 slices beef carpaccio (from beef strip loin) or thinly sliced rare roast beef on a work surface and sprinkle with some of the parsley mixture; season with salt. Place 1 asparagus stalk in the center of each piece and roll up, leaving the ends showing; sprinkle with more of the parsley mixture.



# the main dish: Bay Scallop Risotto

SERVES 6 PREP 10 MIN COOK 35 MIN

- 6 cups chicken broth
- 3 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- 34 cup cubed prosciutto
- 1½ cups arborio rice
- 3/4 cup dry white wine
- 1 pinch saffron threads
- 3/4 pound bay scallops
- ½ cup chopped flat-leaf parsley
- 3 tablespoons grated parmesan
- 2 teaspoons butter

1. In a saucepan, heat the chicken broth until barely simmering; cover to keep hot. In another saucepan, heat the olive oil over medium heat. Add the onion, garlic and prosciutto and cook, stirring occasionally, until the vegetables are soft, 5 minutes. Add the rice and lightly toast 2 minutes. 2. Lower the heat to medium-low, add the wine and saffron and cook for 2 minutes. Add 1½ cups of the heated chicken broth and cook, stirring, until the liquid is almost absorbed, 5 minutes. Add another 11/2 cups broth and cook, stirring constantly, until the liquid is almost absorbed. Repeat with another 11/2 cups broth. Working with 1/4 cup at a time and stirring to let it absorb, continue adding the remaining broth until the risotto is tender and creamy. 3. Stir in the scallops and cook until opaque, about 3 minutes. Stir in the parsley, cheese and butter.





Eating the first course while standing around the kitchen is the kind of casual entertaining Michael loves. But dinner itself is best enjoyed while relaxing around the table. "If you're not done till midnight, who cares?" Michael says.



Guests will be shocked at how easy deep-frying is: Just let the doughnuts brown on each side, then fish 'em out.



# **MAKE DESSERT TOGETHER, TOO!**

Chances are that dinner will leave everyone stuffed (mission accomplished!), but preparing the final treat together is a built-in breather. Pour some coffee or shake up a new batch of cocktails while you roll and fry the doughnuts.

# the last course: Doughnut Holes with Almond Caramel Sauce

MAKES 6 DOZEN

PREP 40 MIN (PLUS STANDING) COOK 25 MIN

- 1 tablespoon plus 2 teaspoons active dry yeast (½ ounce)
- 1⅓ cups granulated sugar
- 1 cup almonds, toasted
- 5½ cups flour
- 1¾ teaspoons salt
- stick (4 ounces) plus3 tablespoons unsalted butter
- 1 cup milk
- 2 eggs, at room temperature Finely grated peel of 3 oranges (about 2 tablespoons)
- ½ cup heavy cream
- ¼ teaspoon pure almond extract Vegetable oil, for frying Confectioners' sugar, for dusting
- 1. In a bowl, combine ½ cup warm water, the yeast and 1 tablespoon plus 1 teaspoon granulated sugar. Let stand until foamy, 5 minutes.
- 2. In a food processor, finely grind the almonds and ¼ cup granulated sugar; transfer to a standing mixer. Mix in the flour, ⅓ cup granulated sugar and 1 teaspoon salt.
- 3. In a saucepan, melt 1 stick butter; remove from the heat. Beat in the milk, eggs and orange peel. Beat in the yeast mixture at low speed. Switch to a dough hook and knead at low speed for 15 minutes. Transfer the dough to a large bowl, cover and let stand in a warm place until doubled in size, about 1 hour.
- **4.** On a floured surface, roll out the dough 1 inch thick. Using a 1½-inch cookie cutter, cut out rounds of dough and transfer to 2 greased baking sheets. Cover loosely and let stand for 30 minutes.
- **5.** Meanwhile, in a small saucepan, combine the remaining  $\frac{2}{3}$  cup granulated sugar with  $\frac{4}{3}$  cup water. Bring to a boil and cook, undisturbed, until amber, about 5 minutes. Remove from the heat and stir in the cream. Stir in the almond extract and the remaining 3 tablespoons butter and  $\frac{3}{4}$  teaspoon salt.
- 6. Fill a 4-quart saucepan with enough oil to reach a depth of 3 inches. Heat the oil until it registers 350° on a deep-fry thermometer. Working in batches, fry the dough, turning once, until golden, 2 minutes. Transfer to paper towels to cool slightly. Dust with confectioners' sugar and serve with the sauce.



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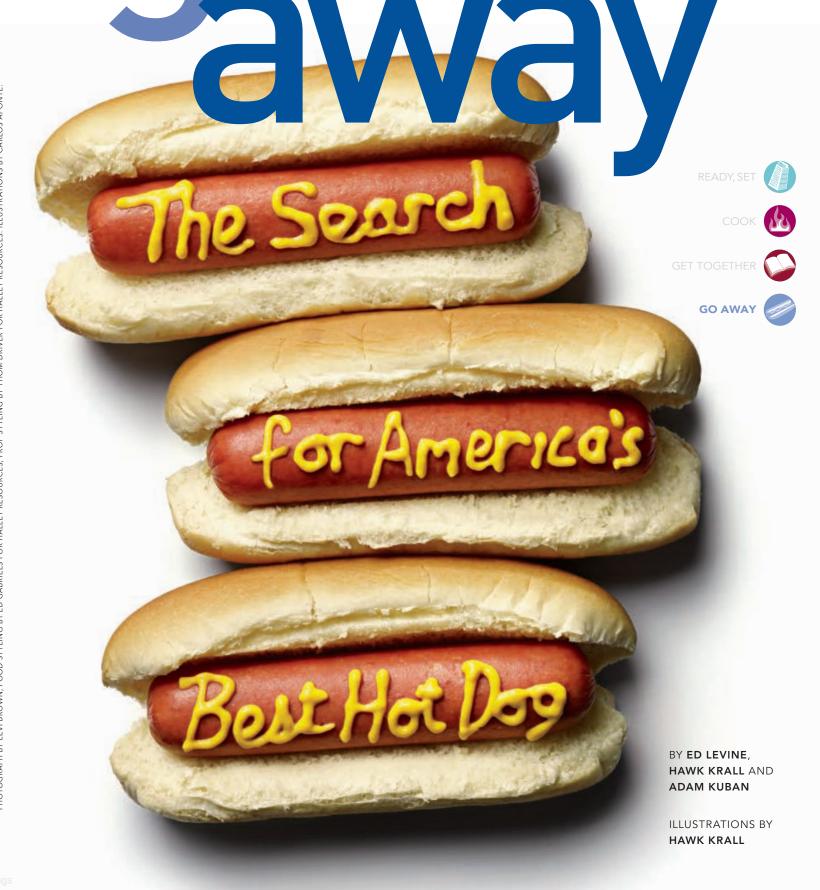
Tender, juicy and individually packaged—the ultimate in convenience, Hatfield Boneless Ham Steaks bring the glorious taste of ham to your family's table.





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# your ticket to a great escape





Finding Our Frank

How did *Every Day with Rachael Ray* decide on the country's hottest dog? First, we enlisted tasters: three frank-obsessed guys from the blog Serious Eats (*seriouseats.com*), who promptly hit the road, chowing down on franks in no fewer than 56 cities and towns. Somewhere between Maine and Arizona, it became clear that we are in the middle of a hot dog renaissance, made up of a few different factions.

### **REGIONAL POWERHOUSES**

This country is chockablock with famous hot dog purveyors. Chicago stands like **Superdawg** sell loaded-up red hots; **Lafayette Coney Island** is one of Detroit's well-known joints serving chili dogs. **Papaya King** in New York City has been selling snappy beef franks for decades. And in L.A., **Pink's** is as important a destination as the Hollywood sign. These guys have been on the forefront for years, but can they stand up to their new competitors?

### **SWANK UP-AND-COMERS**

The concept of gourmet hot dogs kicked off about a decade ago with **Hot Doug's** in Chicago, **Biker Jim's** in Denver and **Super Duper Weenie** in Fairfield, Connecticut, all manned by former restaurant chefs who decided to fancy up the humble hot dog. Recently we've seen a second wave of highend franks, made from kobe beef or basted in smoked lard butter; topped with poached eggs and béchamel or pickled daikon and ponzu mayonnaise. But could we in good conscience bestow the crown upon a \$9 free-range hot dog served with silverware?

### **LOCAL UNDERDOGS**

As we traversed the country, we discovered hot dog traditions that are unique to certain regions. At **Gus's Hotdogs** in Watervliet, New York, you can order 3-inch mini dogs by the dozen; at **Sandy's Famous Hot Dogs** in Columbia, South Carolina, all-beef dogs are slathered in pimiento

cheese. Philly is known for a frank-and-fish cake combo, while Cleveland has its fry- and slaw-covered Polish Boy. These, plus North Jersey's Italian hot dog and upstate New York's Michigans, are beloved by locals but largely unknown to the rest of the nation. Can they hold their own against the big boys?

### **STREET-LEVEL BRAWLERS**

Some of the wildest combinations we found came from street-cart vendors. Bacon-wrapped, Mexican-style Sonoran dogs started in Tucson, and now are being served in L.A., San Francisco and even Detroit. At **Crif Dogs** in New York, there are Thai dogs topped with mango, peanuts and fish sauce, and Colombian *perros calientes* layered with pineapple, ham, crushed potato chips and raspberry mayonnaise.

We wolfed down dogs loaded with potato salad, bacon, sweet chili sauce and fried onions at **Pauly Dogs** in Durham, North Carolina, and late-night street-meat dogs slathered in cream cheese on the streets of Seattle. Are these newfangled fads, or the wave of the future that will lay the century-old secret recipes of America's hot dog dynasties to rest?

### WHAT DID WE LEARN?

Here's the lesson: A hot dog is never just a hot dog. Perhaps more than any other food, what one person considers a classic wiener is staggeringly different than the dog his cross-country friend cherishes—and each region has an army of dedicated fans as loyal to their brand of frank as they are to their local team. Let the games begin!

# A Note from Our "Top Dog" Judges







From Left: Adam Kuban, Hawk Krall, Ed Levine

We did not take lightly the job of slashing down our list of 64 standout hot dog stands to a sweet 16, a final four and, ultimately, one utterly delicious winner. Together we traveled 3,000 miles and hit dozens of stands, with each of us taking on a different area of the country. We were in constant contact and discussed every single frank, rating flavor and texture, quality of toppings, cooking method and presentation. We also judged each spot on service and atmosphere, and they received points for authenticity and innovation.

128 EVERY DAY WITH RACHAEL RAY

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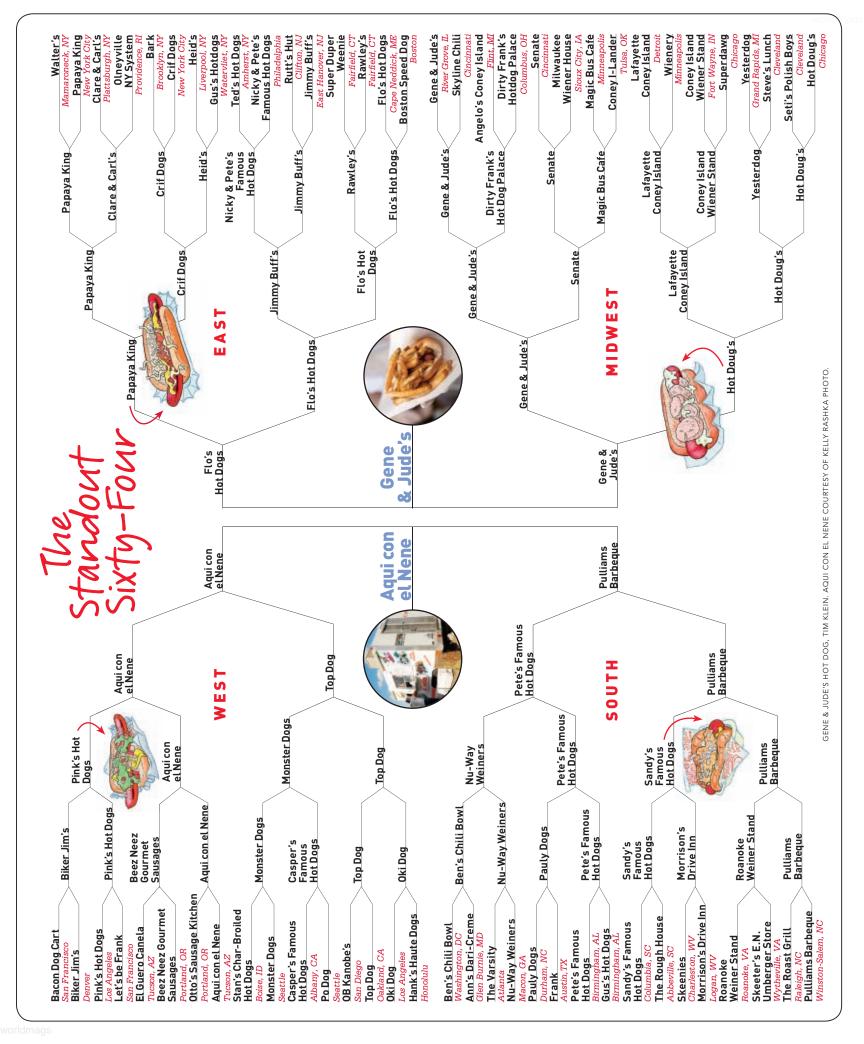






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# The Sweet Sixteen. Visit any of these spots and experience tubular meat bliss.

# WEST

# Monster Dog

Multiple locations including 1000 E. Pike St., Seattle, seattlemonsterdogs.com Beef hot link with cream cheese and onion \$5

At Seattle stands like Monster Dog, you can slather cream cheese on dogs nestled in outsize rolls topped with a fistful of caramelized onions.



# Pink's Hot Dogs

709 North La Brea Ave., Los Angeles, pinkshollywood.com Stretch Chili Dog \$3.75
At this institution, founded in 1939, the 10-inch Stretch is a snappy Hoffy-brand dog that's steamed, then grilled, then topped with meaty chili, mustard and raw onions.

# Top Dog

Multiple Tocations including 2534 Durant Ave., Berkeley, CA, topdoghotdogs.com

We tried much of Top Dog's long menu—and loved the lemon chicken dog—but judged the spot based on its perfect all-beef frankfurter.

# Aqui con el Nene

Corner of W. Wetmore Road and Flowing Wells Road, Tucson, AZ, 520-312-1666 Sonoran Dog \$2.25



This trailer dishes out our Kfavorite Sonoran, a baconwrapped frank piled with pinto beans, chopped tomato, onion, cotija cheese, salsa, mayo, ketchup and mustard.

# SOUTH

# **Nu-Way Weiners**

430 Cotton Ave., Macon, 6A, nu-wayweiners.com Chili-Slaw Dog "all the way" \$2.04 Nu-Way Weiners (yes, it's spelled that way) opened in 1916, and locals still pack the booths. The dogs are neon red and griddled to a crispy well-done, and come topped with a Greek chili scented with cinnamon and allspice.



# Sandy's Famous Hot Dogs

Multiple locations including 825 Main St., Columbia, SC, 803-254-6914 Pimiento Cheese Dog \$2.95 Sandy's sells some of the bestlooking dogs we sampled—fat,

spicy all-beef franks topped with chili and sweet slaw, or creamy pimiento cheese, a Southern staple more often found on burgers but perfectly at home on a dog.



# Pulliams Barbeque

4400 Old Walkertown
Road, Winston-Salem, NC,
336-767-2211
Hot dog "all the way" \$2.05
This century-old shack is known
for its "toasted" hot dogs,
topped with yellow mustard,
homemade chili and a mound
of the creamiest, whitest slaw
you've ever seen.

# Pete's Famous Hot Dogs

1925 2nd Ave. N., Birmingham, AL, 205-252-2905 "Special" dog \$2.40

Owner Gus Koutroulakis

Daner Gus Koutroulakis

Aleas been cooking up 6-inch

franks since 1948. Dropped

into a mustard-smeared bun,

the "special" is topped with

sauerkraut, onions, ground beef

and sweet onion sauce.

# AST

# Flo's Hot Dogs

1359 Route 1, Cape Neddick, ME, floshotdogs.com Special with mayo, relish and celery salt \$2.50

The wait for a dog at Flo's can be two hours long—and

oppy seeds.

it's only open four hours a day. Bright pink snappy dogs are steamed and stuffed into pillowy New England rolls.

# Jimmy Buff's

354 Route 10, East Hanover, NJ, jimmybuff.com Foot-long hot dog with chili \$3.40

While we liked their famous Italian dog, what secured Buff's spot in the Sweet Sixteen were the foot-longs drowned in slow-cooked, beefy chili.

# Papaya King

Multiple locations including 179 E. 86th St., New York City, papayaking.com

All-beef hot dog with slaw and sauerkraut \$2.30
The special all-beef Sabrett dogs are made with one secret ingredient—which we've never



# **Crif Dogs**

113 Saint Marks Place, New York City, crifdogs.com Jon-Jon Deragon \$3.75

Of the myriad dogs at Crif, our favorite is the Jon-Jon Deragon, deep-fried and topped with cream cheese, fresh scallions and a sprinkling of "everything bagel"—salt, garlic, sesame and

# **MIDWEST**

# **Lafayette Coney Island** 118 W. Lafayette Blvd., Detroit,

313-964-8198

Coney Island with chili \$2.35 We sampled Coney Island hot dogs (chili dogs) all over the country, but none came close to being as snappy or juicy as Lafayette's grilled, longer-thanthe-bun franks.



# Hot Doug's

oeen able to identify—and have

that sought-after snap.

3324 N. California Ave., Chicago, hotdougs.com The Dog \$1.75

Owner Doug Sohn, who describes the spot as a "sausage superstore and encased meat emporium," serves his franks with an array of toppings, including foie gras.

# Senate

1212 Vine St., Cincinnati, senatepub.com
Croque Madame Hot Dog \$10
The menu lists six dogs; this one's on brioche, with ham, béchamel and a poached egg.

# Gene & Jude's

2720 River Road, River Grove, IL, 708-452-7634

Chicago-style hot dog \$2.41 Their transcendent dog is topped with mustard, onion, relish, sport peppers and fries.

# The Final Four!

### WEST **SONORAN DOG** Aqui con el Nene Mexican roll (or soft torpedo roll), warmed Canned pinto in the oven Sliced avocado Mayo beans, warmed Bacon-wrapped Yellow Chopped on the stove Cotija or farmer<sup>l</sup>s cheese skinless hot dog mustard tomato (cooked on low in a skillet until bacon is crisp) Sliced radish Sliced jalapeño **IT DOWN** chiles WITH... a bottle of Diced . Jarritos Mexican onion soda (mexgrocer .com), which uses cane sugar, not corn syrup. Green salsa.

# SOUTH

# HOT DOG "ALL THE WAY"

Pulliams Barbeque





### WASH **IT DOWN** WITH...

cherry soda, such as Cheerwine (cheerwinefinder .coml.

# EAST

# SPECIAL HOT DOG

Flo's Hot Dogs





a can of Moxie soda (moxie .info), which tastes similar to Dr. Pepper.





# And the Winner Is... Gene & Jude's River Grove, IL

t all started at a Cubs game. In 1946, city workers Gene Mormino and Jude DeSantis were relishing a round of hot dogs and beer at Wrigley Field when Gene took a close look at the snacks in his lap. He figured french fries would give his hot dog some much-needed crunch and saltiness. Voilà, the Gene & Jude's masterpiece was born.

Later that year, the two friends opened Gene & Jude's on

Western Avenue downtown. The fry-topped frank was the bestseller, and gradually, most everything else came off the menu. The landlord noticed how popular the place was and started raising rent. But the duo had a bigger money issue: Gene liked to play high-stakes poker. During one game in 1949, his luck ran out. Left with no money, he bet the house—or the hot dog stand, in this case—and lost. Gene and Jude were suddenly without Gene & Jude's.

By 1950 Jude had forgiven Gene, and they'd scraped together enough money to buy a stand in the suburb of River Grove. They kept to the same short menu: just soft drinks, beef tamales and their original frank, available as

a single or double. A lot of care goes into this dog. The wieners and buns are steamed to order, and the french fries start with fresh potatoes, which are sliced, blanched and fried in vegetable oil mixed with a little beef fat (that addition packs a serious flavor wallop).

Gene's son Joe, who took over the business in 2004, says the key to a great dog is timing. If steamed too long, hot dogs get soft and buns get tough. Onions are freshly cut every four

hours, so everyone who works at Gene & Jude's knows how to cut one. Add sweet relish, a squirt of bright yellow American mustard and plenty of tangy sport peppers—those Chicago must-haves—and you've got yourself one perfect dog. "There's genius in simplicity," Joe says. "I figure if you focus on one item, you can get it right every time."

If you're looking to sit down, that's too bad. Gene & Jude's

takes its status as a hot dog *stand* seriously. You might snag a spot at the counter lining the walls—if you're lucky.

Ketchup lovers are sure to be disappointed. "My dad made it clear he never wanted ketchup near his hot dogs," says Joe, who recalls a day in the '80s when his father went into the shop and discovered a stash of smuggled-in ketchup packets. "He got really mad and threw them all in the Dumpster," Joe says. In recent years, some renegade fans have taken to grabbing packets from the McDonald's across the street. We don't want to know what happens to them if caught.

Until 1978 there were no napkins, either. That's right: no napkins.

Why? "My dad wanted to keep the prices down," Joe says. "If someone asked for some, we gave them a piece of the wax paper we wrap the hot dogs in. Eventually we got high-class and bought napkins."

The final quirk is the signage. The first thing you see when approaching Gene & Jude's is a huge yellow and red sign reading, "Gene's and Jude's." But really, who cares about punctuation when there's a perfect hot dog to be had?



"I figure if you focus on one item, you can get it right every time."

—owner Joe Mormino

134 EVERY DAY WITH RACHAEL RAY





# all about

# THE CHICAGO DOG

Gene & Jude's invented the Depression-style frank, a variation on the classic.



The bright red, all-beef dog is topped with neon green sweet relish, mustard, onions, pickles, sport peppers, tomato slices and celery salt, all on a poppy-seed bun.

### **CLASSIC DOG STANDS**

### Fluky's

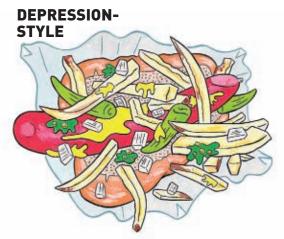
5630 W. Touhy Ave., Niles, IL, 847-588-3889; dog \$2.45

### Wolfv's

2734 W. Peterson Ave., 773-743-0207; dog \$2.89

### Wiener's Circle

2622 N. Clark St., 773-477-7444; dog \$3.10



It's more sparingly dressed, with sport peppers, onions, mustard and sweet relish, on a regular bun and topped with fries.

### **DEPRESSION DOG STANDS**

### **Jimmy's Red Hots**

4000 W. Grand Ave., 773-384-9513; dog with fries \$2.27

### 35th Street Red Hots

500 W. 35th St., 773-624-9866; dog with fries \$2.51

### **Redhot Ranch**

2072 N. Western Ave., 773-772-6020; dog with fries \$2.71

### **A LITTLE HISTORY**

Legend has it the classic Chicago dog was born in the 1920s at the Maxwell Street Market, an area populated with a mishmash of recent immigrants. Greek and Italian vegetable stands offered a five-cent "depression sandwich" consisting of a German wiener (all-beef to satisfy kosher customers) piled with fresh-cut vegetables and garnished with piccalilli (chopped pickled vegetables).

Chicago was the socalled celery capital of the country, so vendors started adding celery salt. Jewish bakeries contributed poppy-seed buns. Fluky's, which opened in 1929, was one of the first official hot dog stands in town and is widely recognized for having perfected the Chicago dog.

### IT WOULDN'T BE A CHICAGO DOG WITHOUT...



At Gene & Jude's, you'll find old-fashioned American mustard, made bright yellow from the addition of turmeric, not artificial food coloring.



These are 1- to 2-inch greenish-yellow hot peppers originally cultivated in Louisiana and Mississippi. Spicier than a pepperoncini yet milder than a tabasco, this pepper gets pickled in white vinegar (and often yellow food coloring). Supposedly it's called a "sport" because it looks all dressed up—like it's wearing a sport coat. Order a jar (and all Chicago fixins) at viennabeef.com.

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**Corned Beef and Potato Cakes** 

St. Patty's Day is for dogs, too! Let your pooch share in the fun with this pup-friendly twist on the traditional Irish meal.

BY ANDREW KAPLAN



Green-with-Envy St. Patty's Potato Cakes

MAKES 14 PREP 15 MIN COOK 10 MIN

- 1 cup leftover mashed potatoes\*
- 1 egg, lightly beaten
- 1 ounce corned beef, chopped into small pieces
- ½ cup frozen chopped spinach, thawed and drained
- 1/4 cup frozen green peas, thawed and lightly mashed with a fork
- 1 tablespoon chopped parsley
- 2 tablespoons extra-virgin olive oil
- 1. In a medium bowl, stir together the mashed potatoes, egg, corned beef, spinach, peas and parsley. Mix with a wooden spoon to combine. Form into golf-ball-size balls, then flatten with the palm of your hand.
- 2. In a large nonstick skillet, heat the olive oil over medium-high heat. Working in batches, add the potato cakes to the pan and cook, turning once, until golden-brown and heated through, about 5 minutes. Transfer the cakes to a paper-towel-lined plate and let cool slightly.
- \*DO NOT USE MASHED POTATOES CONTAINING ONIONS AND/OR GARLIC, WHICH CAN BE TOXIC TO DOGS AND CATS.



# Another Pup Is Saved: Rowdy's Story

After years of living in no-pets-allowed apartments, I finally wore my husband down with complaints about my ticking "dog-ological" clock. We moved to a dog-friendly place and raced over to North Shore Animal League America—the world's largest pet-rescue organization—to pick a pup. Becoming a mom to Rowdy, a now-1-year-old hound mix, has brought me joys and (just like a human baby!) challenges: getting up to walk him in the middle of the night, soothing his teething gums, and watching him grow and play with other pups. But at the end of the day, an owner's relationship with her dog is about as uncomplicated as it gets. What we have with Rowdy is pure and simple puppy love!—SARAH ZORN

RECIPE PHOTO BY LUCAS ZAREBINSKI; FOOD STYLING LIZA JERNOW; PROP STYLING BY SARA WACKSMAN. DC ISTOCKPHOTO COM, PECIPE REVIEWED BY THE ASPCA

# READY, SET, COOK!







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# ALL FOOD ITEMS, ISTOCKPHOTO.COM GROOMING STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES;

# Dr. Mehmet Oz

What does the famed heart surgeon and host of The Dr. Oz Show keep behind closed doors? Rach takes a peek. PHOTOGRAPH BY ROB HOWARD



# ✓ Dr. Oz's **Healthy Fridge** Checklist



□ eggs "They're an inexpensive

source of protein. and they don't elevate your cholesteroleating fat does."



□ leafy greens "The greatest sources of vitamin K are areen, leafy vegetables like sninach broccoli

and kale.



 $\square$ whole grains

"They're not stripped of nutrients like refined wheat. and they have more fiber to keep you full."



□ blueberries "Antioxidantrich foods like brightly colored berries keep skin supple and smooth.



"It has all the

key nutrients your bones need. Don't yogurt—it's filled with sugar."

**RACHAEL RAY:** Congratulations on having the healthiest and most packed refrigerator shelves I've ever seen. No wonder your family is so gorgeous! How many mouths are you feeding? DR. OZ: I have four kids, and my eldest daughter is married, so there are seven people at our table. We have another refrigerator outside, too—we buy in bulk and freeze everything, so we need the space. I have two huge vats of blueberries in there now from my trip to Maine. I'll freeze and use them until next summer.

RR: I have to know: Does an apple a day keep the doctor away? DO: It does. Apples have flavonoids that reduce the risk of heart disease, and they taste good, too. We use them a lot in salads because they wake up the taste buds. We go apple picking every fall as a family, which is really fun. Whether they love apples or hate them, my kids have learned to appreciate where their food comes from, and that's the most important thing.

RR: Speaking of kids, any advice for parents of picky eaters? DO: Well, the average child will reject food they don't like about 12 times before they begin to appreciate the taste. That's in part because kids have more taste buds than adults. Here's what parents should do: Every few months, expose your kids to, say, broccoli, and eventually they won't mind that it's on the table.

RR: Great tip! What was your favorite food as a child? DO: I loved mushrooms. My dad and sisters couldn't stand them, but we had mushrooms all the time because my mom and I liked them so much. I grew up near Kennett Square, Pennsylvania, which is probably the mushroom capital of the country.

RR: I've never met a mushroom I didn't like. Do you cook a lot? DO: I'm not a particularly good chef, but my wife, Lisa, is an excellent cook, so I like spending time with her in the kitchen. She's a vegetarian and really talented at putting together flavors.

RR: Is there a dish you always ask her to make?

DO: Yeah, I love when she cooks beets. She tosses boiled, skinned beets with olive oil, balsamic vinegar, gorgonzola cheese, salt and pepper, and it's out of this world. I like simple foods. I don't like sauces and creams because the natural flavors have been destroyed. I like to be able to taste the actual food.

RR: I agree—the less you mess with your food, the better it tastes. What's the most memorable meal you've ever had? DO: When I was in China, I ordered something in a restaurant called "snake soup," which I figured was just allegorical. Then I saw the waiter walking toward me with a live, writhing snake in his hands! The chef sends it out so you know it's fresh. I ended up eating the soup, but, for the record, it does not taste like chicken.

RR: That's hilarious, and a good souvenir story! So, if I was coming to your house for dinner, what would you cook me? DO: I'm a good griller, so I'd make you grilled black cod, which I've fallen in love with recently, corn on the cob and baked butternut squash with cinnamon. I'll save the snake soup for another night.





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